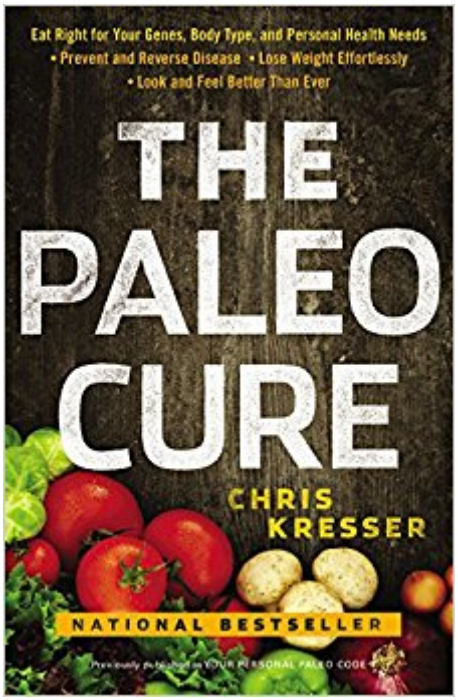
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The Paleo Cure: Eat Right For Your Genes, Body Type, And Personal Health Needs -- Prevent And Reverse Disease, Lose Weight Effortlessly, And Look And Feel Better Than Ever



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Synopsis

The national bestseller that "condenses Kresser’s vast knowledge to help you look, feel, and perform your best." - Robb Wolf, author of The Paleo SolutionAs the Paleo movement sweeps the nation, millions have discovered the health benefits of following the lifestyle of our hunter-gatherer forebears. But what happens when we hit a wall and weight loss stalls, energy flags, illness sets in, or we’re tired of restricted eating? In The Paleo Cure, Chris Kresser uses the Paleo diet as a template from which you can tailor a simple yet powerful three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, and genetic blueprint. You’ll learn how to eliminate the toxic foods that cause illness and weight gain, how to sleep better, exercise like our ancestors, cultivate pleasure, and vastly improve overall health. Kresser helps further personalize your prescription by addressing specific health conditions, from heart disease to digestive problems. Best of all, you only have to follow the program 80 percent of the time; there’s room to indulge, in moderation, and still experience dramatic results. Comprehensive, dynamic, and enlightening, The Paleo Cure is based on cutting-edge research and combines the best of ancient wisdom and modern science. It provides a flexible and accessible program with helpful charts and quizzes, a seven-day meal plan, and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health.*Originally published as YOUR PERSONAL PALEO CODE

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Customer Reviews

"Kresser is a leading voice within the Paleo nutrition community. In YOUR PERSONAL PALEO

CODE, he pulls together all of his best advice in one place."-Ã¢â ¬â ¢ Diane Sanfillipo, author of Practical Paleo"Kresser is the most knowledgeable clinician in the Paleo/ancestral health scene. YOUR PERSONAL PALEO CODE condenses his vast knowledge to help you look, feel, and perform your best."Ã¢â ¬â ¢ Robb Wolf, author of The Paleo Solution

Chris Kresser, M.S., L.AC., is a practitioner of integrative and functional medicine and the creator of ChrisKresser.com, one of the most respected national health sites in the world. He maintains a private practice in Berkeley, California, where he lives with his wife and daughter.

I find all Chris Kresser's writings and talks very interesting (I just started to pay attention to him this last year), but I wasn't planning to buy his new book. Luckily, I was selected to receive an advance copy, and I am very glad that I got it.First off, I am a sucker for someone with a personal inspirational story, and when I started reading the book, I learned that Chris Kresser has one. I am always impressed with someone who spends years trying to heal themselves, and winds up pursuing a career to pass on what was personally discovered to help others. Chris Kresser spent ten years beginning in his twenties trying to recover from a devastating illness that he contracted swimming in polluted sea waters. After consulting many mainstream medical specialists, as well as pursuing alternative health avenues, and finally, finally discovering a nutritional path that helped him, he then pursued studies in integrative medicine, and now has his own clinical practice.Second, I love good writing. Chris Kresser is an excellent writer, and just seems so down-to-earth. What he says makes sense...good, common, sense. Like when he says that two patients with ulcerative colitis need two different diets - one with absolutely zero dairy and the other with fermented dairy - because one can't tolerate dairy, and the other is actually aided by eating yogurt or kefir. It is so logical that one should listen to one's own body to figure out what works best.Third, I like people who challenge accepted ideas. When my first child was born, I was given the book How to Raise a Healthy Child in Spite of Your Doctor, and it had some ideas (like antibiotics are not a good treatment for every ear infection) that made sense, but were not accepted medical practice. I remember being yelled at by my daughter's pediatrician when I refused antibiotics one time...and now the latest medical findings corroborate my book's recommendations. Chris Kresser does the same thing with nutrition, but he also backs up his information with the latest medical findings (or lack thereof). There is plenty of conventional wisdom that is simply not accurate, or, as Chris Kresser puts it "Warning: Conventional Wisdom May Be Hazardous to Your Health." I think this book does a very good job of presenting controversial material with the scientific data needed to

support his arguments. So hopefully, someone reading this book who is ready to debunk the "paleo diet" might find the information in this book compelling.Okay, there is a lot of great information in this book, but what I was interested in testing were the recipes. I went straight to the Seven-Day Meal Plan and was sooooo happy to find seven different breakfast recipes. I am always on the lookout for variety in breakfast (especially when you eliminate stuff like pancakes and French toast) and this book has a nice variety: Baked Eggs en Cocotte Florentine-Style; Poached Eggs with Swiss Chard; Green Smoothie; Green Plantain Fritters with Sausage; Smoked Salmon with Scrambled Eggs and Asparagus; Taro and Bacon Hash; Cauliflower-Stuffed Acorn Squash. They sound interesting and they are - quite delicious. The only reason I gave the book four-stars instead of five-stars is because I think the prep time on some of the recipes is just a bit too optimistic. Granted, I am not a quick cook, but Poached Eggs with Swiss Chard - really yummy - required five cups of chopped Swiss chard, with the stalks peeled, and a medium shallot peeled and finely chopped. The prep time was ten minutes! Heck, it takes me five minutes just to get all the ingredients out and set on the table. But I do want to emphasize that if you are a foodie, you will enjoy these recipes. I was also happy to learn that once I had mastered the incredible variety of recipes on this seven-day plan, I could go to Chris Kresser’s website and access an additional three weeks of meal plans and recipes. There are even shopping lists for each week, which can simply be printed when needed - and I have a feeling I will find those incredibly handy.This is a great reference book not just for food. I am enjoying all the lifestyle chapters - "Move Like Your Ancestors," "Sleep More Deeply," "Cultivate Pleasure and Connection," "Go Outside," "Get Serious About Play." I think a lot of people will enjoy reading this book.

This review was originally featured on AncestralizeMe.com.Chris Kresser has finally written a book, and it could very well be the last nutrition book you ever buy.Alright, that might be a stretch, since our knowledge about nutrition is always evolving and who knows what we’ll understand even a year from now. But as far as evidence- and experience-based recommendations go, Your Personal Paleo Code will definitely be tough to beat when it comes to future books on nutrition.Your Personal Paleo Code is unlike any other diet book out there, for these reasons:1. It’s not a one-size-fits-all diet.Unlike many other diet books out there, Your Personal Paleo Code doesn’t recommend one diet for everyone. Sure, the 30-Day Reset component reduces most readers’ diets down to the bare basics, but once Step 2 is reached, customization is the name of the game. Chris’s book may be the only "Paleo" book that permits readers to reintroduce gray-area foods like full fat dairy and properly prepared grains.Yep, I just said grains and dairy. After all, while a 100% grain-free dairy-free diet

may be useful for certain people, it’s unnecessarily restrictive for many others. Readers who have good digestion, moderate to high activity levels, and limited health considerations may find that including properly prepared grains not only has no negative impact, but may even support their health and increase their dietary variety. If you love gourmet cheese, the occasional ice cream treat, soaked oatmeal, and even homemade sourdough bread, Chris teaches you how to determine if these foods deserve a place in your diet. After all, Chris emphasizes the 80/20 rule of nutrition, and if you can enjoy these formerly forbidden foods with no health repercussions, there’s no reason to indefinitely avoid these traditional foods, especially since some of them do have health-promoting effects.2. It helps you set your priorities.One of the hardest parts about changing your diet, especially if you’re fairly health conscious already, is it’s hard to prioritize the changes you make. Perhaps you’re already pretty compliant with Paleo, but you’re still struggling with health concerns. So now what? Do you add more carbs, or restrict them further? Eliminate eggs? Add dairy? Cut back on red meat? Reduce your cruciferous vegetable consumption? It’s enough to make your head spin, and can be overwhelming for someone who’s not a nutrition expert.That’s why Your Personal Paleo Code is a great addition to anyone’s health book collection, especially those who have already gotten on board with an ancestral diet but are still struggling with nagging health problems that aren’t going away. Perhaps the one-size-fits-all Paleo diet isn’t what you need to be optimally healthy, but you’re not sure what to do to make your diet more personalized. You can use the quizzes included in many of the chapters to help determine if a certain area should be a priority for you. There’s an entire chapter dedicated to fine-tuning your diet, including determining appropriate caloric intake, macronutrient ratios, and helpful supplementation. The book provides guidelines for athletes, pregnant women, those who are significantly overweight, those with specific health conditions, and more. Whoever you are, you can use Your Personal Paleo Code to determine what and how to eat to support your best health in your current stage of life.3. Chris understands there’s more to health than food.There’s a reason why Your Personal Paleo Code doesn’t have the word "diet" in the title: this book is so much more than a book about nutrition. There are six chapters that solely focus on factors unrelated to diet that have a strong influence on your health, such as sleep, stress, socialization, play, and more. Chris acknowledges the importance of these factors and strongly recommends attending to them, perhaps even at the expense of following a "perfect" diet.These chapters contain quizzes that will demonstrate if these behavior-related issues should be priorities for you. Perhaps your diet is perfectly healthy, but you sacrifice social interaction because you’re concerned about being exposed to unhealthy food. While noble, this is certainly not a healthy (or enjoyable) way to live, and Chris’s book gives recommendations on how to nurture your social

relationships without completely derailing your diet. Perhaps you're an internet junkie, so in between eating grass-fed beef and doing Crossfit workouts, you're parked in front of a screen most of the day: for you, Chris has included an entire chapter on increasing your outdoors time. I'm willing to bet there isn't a single person who couldn't benefit from reading Chris's book, no matter how healthy you think you are, or how complete you believe your health knowledge to be. I've certainly learned a great deal from it myself!4. The book doesn't end on the last page!This is probably my favorite feature of Your Personal Paleo Code - the bonus chapters and additional resources featured online, completely free to book buyers. It's like a buy-one-get-one-free deal! The bonus chapters include recommendations for high blood pressure, high cholesterol, thyroid disease, adrenal fatigue, and more. The additional resources include cheat sheets that help you implement the changes recommended in the book, as well as hundreds of links to products, services, and resources that can help you get the food you need for your new diet, the gear that can help you get fit or sleep better, and the programs that can help you manage your stress or sleep better. It's like an encyclopedia for healthy living! Chris doesn't tell you how to live your life and then leave you hanging; rather, he makes evidence-based recommendations for purposeful changes to make, and then helps you make these recommendations a reality in your life. With Your Personal Paleo Code, there's nothing standing between you and your healthiest life.I could continue writing reason after reason why Your Personal Paleo Code is such a great book, but I think you get the picture. If you're looking to start 2014 on the right foot, make sure you know which steps you should be taking. Let Chris's new book guide you to optimal health!

I liked that he has added the extra inserts for different health problems and how to incorporate the Paleo way of healthy eating if you have these problems! I would like to add that my blood pressure has never been better than it is right now since I've changed what I thought was right and just used this book to guide me in a healthier way of eating! I'm excited now to get some blood work done as I am on a high cholesterol medication and have been for over a year now. My cholesterol was still bad even tho I had been doing the low fat, low cholesterol diet for about 20 years until I started taking the Simvastatin. I'm hoping that since the blood pressure is looking so good that my blood work will be also and maybe I can try getting off the pill. I'm 66 yrs. young and this is the only drug I am taking! Tried BP meds (3 different ones) and hated the way they made me feel so wouldn't take them anymore, tried the low sodium diet (along with low fat and cholesterol) and BP still wasn't as good as it is now! I'm really loving this new way of eating. I have done the first step and am now into bringing a few things back into my diet. So far so good. I never did have food allergies but often

wondered if maybe dairy wasn't causing some problems in the past couple of years! I'm pretty sure I've found that answer and will stick to the coconut milk and almond milk.milk and cheese seemed to be the worst culprits but I enjoyed both but find that the coconut and almond milk are even better! I am going to be trying the cashew cheese this weekend! Can't wait! Thank you so much for sharing this!

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