

# **Paleo Lifestyle**

## **Unleash Your Inner Super Hero**

# Fatigue

# Low Energy

# Allergies

# Autoimmune Diseases

# Sugar Cravings

# Sweet Tooth

# 4pm Burn Out



**You think it's the way  
it's suppose to be**

# My story

# Easy Solution

**Eat like your body  
was designed to eat**

**Humans—new  
software on old  
hardware** 

**Agriculture only**  
**~10K years**

**5 min on the clock  
dial**

**Paleolithic humans  
were healthier**



**Neolithic humans  
decreased in height,  
life span, health**

# Grains have toxins

**Grains have anti-  
nutrients**

**Legums have toxins,  
more if uncooked**

**Milk is full of  
hormones, poorly  
digested and have  
high sugar content**

**Agriculture served its  
purpose for  
civilization**

**Now we have better  
options**

**It's easier than ever  
to live modern paleo  
lifecycle**



# No grains

# No legumes

**No or limited dairy**

# Organic unprocessed foods

# What to eat?

# Eat everything!

**Meat, fish, poultry,  
fruits, nuts, veggies**

# Example

- Salad with salmon
- Sweet potatoes with steak
- Eggs with bacon and fruits



# 30-day Plan

# Clean your kitchen

**Pizza is not worth the  
benefits**

**All expenses on  
organic < medical  
bills later**

# More energy

# Better life

**Would you sacrifices  
yourself so 100s  
generations later  
humans will be able  
to eat grains?**

# Resources

- [Mark's Daily Apple blog](#)
- [Robb Wolf's blog and book](#)
- [NomNom Paleo cook book](#)



# End