

Paleo Body

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Introduction

If you're reading this right now, there is one thing for certain and that is that you are interested in taking steps forward to improve your health and fitness, achieving a greater overall sense of well-being.

For many people, this can be a difficult decision to make. They may have the internal desire to start improving their eating and exercise habits, but aren't quite sure they're ready to make the commitment and implement the actions they're going to take.

Gym workouts take time.

Making smarter food choices while saying no to unhealthy ones takes determination, perseverance, and at times, overcoming emotional additions.

It's not an easy thing to do, but fortunately, if you have the right plan in place, it will be that much easier on yourself.

The sad part is that most people who are currently in the position you are right now have tried other diets in the past and for the most part, failed miserably.

They've felt starving the entire time, they've felt deprived, they've felt overwhelmed with rules that they had to follow and all around, they just did not enjoy themselves.

Not to mention they felt miserable while following the approach. Low in energy, constantly irritable, and feeling weak all over.

Doesn't exactly paint the picture of a good time, does it?

It certainly doesn't and when you look at things this way, it becomes quite clear why so many people fail at their diet and workout attempts. It's just not enjoyable and if they aren't seeing rapid results the whole way through to keep them motivated, the chances that they stay the course are going to be slim to none.

That's why we're here today to teach you a different method of achieving lasting weight loss and better health that you will enjoy doing.

You will find that you feel more energetic, you are more focused, you have greater workout performance, and you finally feel satisfied after eating your meals.

And the weight you're trying to lose?

It'll come off naturally at a good rate simply because of how this plan is structured.

Before we get into the details of what you're going to be learning in this book however, it's important that we take a bit of time to talk about some of the problems that we're facing today.

It's no secret that obesity rates are on the rise and growing faster every day. There is a reason for this and by recognizing what this reason is, you can better prepare yourself to make the changes that you need to be making to step off the path that most people are on.

So what are the problems that people are facing today?

The first big problem is the need for instant gratification. We live in a world where people want things and they want them NOW. This applies to both achieving their goal weight as well as being able to eat foods they crave.

We have fast food restaurants around every corner and a wide array of convenience snacks and meals at the local grocery store. There is no

shortage of ways to get food in seconds and most people take advantage of this.

Likewise, when people today want to lose weight, rather than taking a healthy and smart approach that will be good for their bodies, they put their body through the grinder, going on crash diets that provide virtually no food – so they essentially starve the fat off.

The problem with this?

Your body clearly is not going to be happy to be put in a situation of starvation and is going to fight back against it with everything it's got. After all, the body thinks it's dying – not that you're just trying to get back into your skinny jeans again.

When you're in a battle up against your body to lose weight, let me tell you, your desires are not going to win.

Your body has very strong protective mechanisms built into it to prevent starvation from taking place and you will not come out ahead when you use these crash diets.

More often than not you'll land yourself gaining even more weight once things are said and done compared to when you went into the diet in the first place.

Patience is key when it comes to fat loss results. Now, this doesn't mean that you have to lose weight at such a slow rate that you can hardly notice change happening, but it does mean you need to give up the notion that you'll lose 10 pounds in 5 days.

You didn't put on all that weight overnight and you definitely are not going to lose that weight overnight either.

If you stay the course however, you will attain weight loss success and when you go about things properly, you will feel fantastic the whole way through it.

So in this book, we are going to teach you the in's and out's of what a proper weight loss program should contain.

We're going to first introduce you to the hottest nutrition strategy around right now and what this book will be based around – the Paleo Body.

You'll learn the key ideas of this program and the ideas it's based around.

After that, we'll then move into some discussion of the science of building muscle and burning fat.

It's important for you to learn the 'whys' as you go about this journey because when you clearly understand why something is the way it is, you'll find it's far easier to implement the changes that need to be made to reach your end goal.

If you have no reason for doing something, in most cases, you aren't going to do it. This is especially the case when you're breaking habits that may have been present for years and years already.

From there, we'll then go into discussion of how this program is naturally going to help you lose weight. You'll come to see that this program isn't really a 'diet' per say, but rather a lifestyle change that you can use from now until the rest of time and if you do, you will not only reach your goal weight with ease, but you'll stay there without having to worry about fat regain again.

As you likely know from your past attempts, fat regain is a highly frustrating situation, but one that is all too familiar to most dieters.

Next, we'll go over how you should go about determining your calorie requirements to either burn off body fat at a maximum speed or increase your lean muscle mass tissue.

While you can burn fat and build muscle to some degree at the same time, if you are looking to see maximum results in either direction (lose a maximum amount of fat or build a maximum amount of muscle), then you should be highly focused on just one of these goals at once.

Since each goal requires essentially a totally different calorie intake, it's hard to do both at the same time. It's like trying to be in two places at once – it just isn't going to happen.

Figuring out your calorie intake is an essential step for success however as it is your total calorie intake that is going to dictate the type of progress that you make on this plan.

After we've gone over calorie requirements, next we'll take our discussion to the three different macronutrients that make up the diet, proteins, carbohydrates, and dietary fats.

It's important that you have a good handle on these and the roles they play in the body as each is going to be responsible for a number of different functions.

If you aren't taking in the right amount of each macronutrient, that's when problems can occur with your progress.

This is one of the biggest things that many dieters fail with. They only focus on counting calories and while this is highly important, it's not going to be the be-all and end-all determinant of success.

It's a necessity that you are making sure that you are focusing on the foods you're eating and your calorie intake. The type of foods you eat plays a significant role in the type of weight loss you see along with how you feel as you go about the weight loss journey.

From there, we'll then talk about some of the important things a highly active person needs to know. Active people do have slightly different nutrient requirements than someone who is just a recreational exerciser or not exercising at all, so it's important that you make a few key structural changes to your diet so that you are able to meet the demands that you're placing on yourself with that added exercise.

We'll show you how to do that while still staying within the protocol that is laid out by the Paleo Body approach.

Next up, we'll switch our focus and begin talking about some of the top body changing workouts that you need to be doing if you want to complete a full body transformation.

While the foods that you eat tend to make up about 80% of the results you see with your weight loss or muscle building efforts, the workout will definitely still play a key role and will ensure that you either maintain your lean mass if fat loss is the goal, or build more lean muscle mass if muscle building is the goal.

Without the workout, you won't transform your body – you'll just get smaller or get larger depending on the calorie intake that you're using.

We'll be talking into detail in this section about strength training and what it can do for you, so if you've never done this form of training before, you are definitely going to be in for some serious benefits as you get started with the program we'll be laying out for you.

From there, we'll talk into more detail on the specific exercises that you'll be doing throughout the plan to maximize your metabolic rate and speed of fat burning. We'll also go into the specifics of workout program design including details on sets, reps, and rest periods and how to integrate these into a workout overall. It's important that you are designing your workout correctly and these will all help you get the results that you want to see.

We'll also provide you with a 12 week workout plan to follow, so that you have absolutely everything that you need ready for you to get started. This makes it easy and ensures you are doing everything as you should.

The next thing we'll talk about is the cardio component of the workout. While strength training is definitely the primary focus in this program, that does not mean that cardio training is to be neglected entirely.

It's still going to be highly important that you are doing some cardio training both for health benefits as well as for enhanced results, so we'll go over what you need to know in this section on cardio.

Finally, we'll finish up the book discussing some key recovery strategies that you should be using so that you can make a speedy recovery from each workout that you do.

Remember, you only make progress if you are going into the gym day in and day out in a recovered state, so this is something you can't afford to overlook.

Do a workout in a non-recovered state and you'll just tear the muscles down further, becoming weaker and weaker in the process.

Once we're finished with that, you will have everything that you need to know to get started and put your best foot forward with following your new approach to eating and exercise.

I promise if you take good care to learn all the key ideas in this book and then put them into action, this will be the last 'diet' that you ever use.

You'll be loving the way you're feeling and will want to stick to this approach from here on out.

So if you're ready to get started, let's now begin our discussion by outlining some of the key ideas that are put forth by the program.

Chapter 1: What Diet Will I Follow With Paleo Body?

The very first thing that we need to go over is what this diet is all about so that you can naturally understand the food choices and set-up that the plan is going to be using.

Most people never take the time to learn why a particular diet they're following is set up the way it is.

Instead, they simply jump onto it, following whatever 'rules' the diet has mentioned they should be using and then hope for the best.

The problem with this approach however is that when you don't understand the guidelines that the diet is using, it becomes very hard to stay motivated to keep up with it, especially when temptation or food cravings strike.

So right now think of this like your prep period for the Paleo Body. We'll go over why it is that you are going to be doing what you're doing so you maintain motivation without as much of a problem.

The Premise

The premise behind the diet you'll be eating with Paleo Body is the Paleo diet. It's essentially taking you back to eating the way mother-nature intended.

As we mentioned earlier, we live in a world today where everyone is focused on convenience and the 'quick fix.'

They don't think about what foods they're eating – they just find foods that will satisfy their hunger as well as their taste buds.

Most people's diets today are composed of around 75% processed foods, processed meaning that it came from a manufacturing plant and has a long list of ingredients.

Think about this for a second.

If the product has a long list of ingredients, many of which are non-food additives, how healthy do you think this really is for your body?

Was it a food that your body was designed to eat?

It wasn't – it was a man-made food – not something made by mother-nature.

As such, what do you think it's going to do for your health as well as your waistline?

It is to be hoped that you're starting to see the complete picture here. The diet you'll follow with Paleo Body is all about eliminating these man-made foods and going back to eating foods that were built for the human body.

If you stop and think back to our ancestor times, they weren't eating these highly processed snack foods – chips, chocolate bars, sugary cereals, pasta, and so on.

They simply didn't exist.

Instead, they lived off whatever they could grow from the land or what they could hunt in the wild themselves.

This means their diet was based around lean sources of protein, plenty of fresh fruits and vegetables, along with healthy fats such as nuts, seeds, and oils.

Interestingly enough, each of these foods covers each of the main macronutrients that you need to be taking in with your diet plan.

So these people didn't suffer nutritional deficiencies as they had all their bases covered. The chances of nutrient deficiencies are much greater in

the diets that we're eating today because we are filling our diets so full of highly processed foods that simply don't offer the nutritional value our body is demanding.

Back in ancient times the disease rate was much lower than it is today because people were filling their body with foods that would promote health, not take away from it.

There was no added sugar or artificial sweeteners, nor was there food dye's or other chemicals used to enhance taste.

There was just that food and that food only. Pure. Natural. Healthy.

So now that you know the premise of Paleo Body, let's look more are the benefits that this program is going to offer you.

The Benefits

When looking at the benefits of using this approach, they are very numerous, which is why so many people are turning to it to see greater success with their weight loss and health promotion efforts. There is absolutely no denying that if you eat using the strategies laid out in this book, you will see improvements in your health – there is absolutely no way that you wouldn't.

Let's look at what some of these benefits are.

Stabilized Blood Glucose Levels

The very first big benefit that using the Paleo approach is going to offer you is the fact that it will help to stabilize your blood glucose levels far better than any other diet out there.

This is because the diet is based primarily around lean proteins along with healthy fats, both of which have minimum influence on blood sugar levels.

Any carbohydrates that are added to the diet come primarily from fruits and vegetables, both of which are high in fiber and help to slow down the release of the carbohydrates into the blood stream.

The end result is that you maintain stable blood sugar levels all day long, never suffering the lows that lead most people to feel irritable, anxious, and so hungry they could eat just about anything in sight (and many often do)!

Higher Energy Levels

Along with the stable blood glucose levels, the second big benefit this diet is going to offer is higher energy levels as well.

Energy is very closely tied in with your blood sugar levels and when blood sugar is more constant, energy will be as well.

If you've ever suffered from a blood sugar crash before, you likely know very well just how much this can sap your energy level in an instant.

One minute you're feeling great and the next, you feel like you could go in for a nap. Those who are on primarily carbohydrate based diets – and processed carbs at that, suffer from these highs and lows every day.

Furthermore, because this program includes healthy fat consumption and healthy fats provide a much more longer-lasting source of fuel, this also helps to enhance your energy level as well.

Now, before we carry onward, a note must be made that when you first make the switch to this program, you may notice that you have less energy than normal.

Don't let this scare you away from continuing, however.

This is completely normal and natural and is primarily because it can take the body a little bit of time to adapt to using fat as a fuel source rather than using carbohydrates.

Your body is used to having a steady delivery of carbohydrates to its system and if you go cutting them way down and replacing them with the healthy fats this diet encourages, you are going to see some impact.

Give your body 7–14 days for the adaptation process to occur. As this time passes, you'll get more used to using fat as a primary fuel source and once you do, you'll then see the higher energy levels that this protocol offers.

Far too many people notice the decline in energy when first starting and then abandon the plan completely, going straight back to their processed high-carb diet plan, which is a big mistake.

Push through it and you will be rewarded (and not everyone will experience this either, so it may not even be something that you have to worry about).

Lower Hunger

Moving along, the next big benefit that the Paleo approach will offer is a lower overall level of hunger as well.

The primary cause of sharp and sudden hunger pains is the fall in blood glucose levels. As this fall occurs, the body recognizes this as a fuel shortage and the hunger signal is the prompt to get you to eat more food.

The body has defence mechanisms built in to keep blood glucose levels in a steady range because this is required to sustain good health and life for that matter (a very low blood glucose level could lead to a coma).

This hunger is part of the defence mechanism. As blood glucose lowers, those severe hunger pains that are almost impossible to ignore set in and eventually, you will go in for more food.

With Paleo Body however, since you are not eating the simple and processed carbohydrates in the diet and keeping the blood glucose levels

on a more stable and even keel, you won't experience this sudden surge of hunger.

You may get a slight feeling of hunger and wanting to eat as you burn up all the calories from your last meal, but it will never be uncontrollable hunger that makes it impossible to focus on something else.

Instead, the hunger that's felt while following this program is a very mild, dull sort of sensation that you can easily sit with until more food is consumed.

Some people don't even experience any hunger at all if they are taking their carbohydrates low enough and move into a state called ketosis where ketone bodies (derived from fat) are used as the only source of fuel.

Furthermore, another reason why hunger is so much lower with the Paleo diet is since protein and dietary fat are the two nutrients that are slowest to break down and be digested in the body, so each meal will sustain you for a much longer time.

Without hunger rearing its ugly head every few hours throughout the day, as you can imagine, it becomes that much easier to sustain a reduced calorie intake.

Improved Recovery

Moving along, yet another big benefit of the Paleo diet is the fact that you'll also get a greatly improved recovery rate happening after each workout session that you do.

This is going to be absolutely critical to your progress because if you aren't recovering between each workout, you are not going to be making progress forwards.

Furthermore, if you're constantly working out in a state where you aren't required, rather than getting stronger, you're going to be getting weaker

and over time, you may also start to lose lean muscle mass tissue, which really reduces your progress then.

Furthermore, if you lose lean muscle mass tissue, your metabolic rate is going to go down, making it harder to maintain your body weight.

You'll now have to consume less food than you previously did to sustain your target body weight goal.

If you aren't recovering from workout to workout, you're also going to feel all around more fatigued throughout the day and may not have the energy to do much.

Not to mention if you begin to move into a state of overtraining, you'll experience sleep problems, libido problems, possibly even depression – amongst many other issues, so this is something that you definitely do need to be paying good attention to.

Since the Paleo diet is so rich in nutrients and high quality foods, it will give your body precisely what it needs to make that fast recovery from each session that you do, rebuilding your body back up so that you're fully prepared for the next workout that heads your way.

Greater Nutrient/Antioxidant Support

Speaking of highly nutritious foods, that brings us the next key benefit that the Paleo diet is going to offer and that is greater overall nutrient and antioxidant support.

When you're using this program, you are going to be taking in the full spectrum of vitamins, minerals, as well as antioxidants, which are important for fighting off free radical damage and the harmful oxidation that these radicals cause.

Most people are currently falling short in antioxidants with their diet plans, and Paleo Body helps turn that around.

You may not even require a multivitamin while using this program as the plan will be so nutrient dense.

That said, it's still often recommended simply for back-up support and to ensure that you are getting what you need.

There will always be those busy days where you may not get in as many fresh vegetables and fruits as you should so having the vitamin there can give you some peace of mind.

Getting sufficient levels of vitamins and minerals (especially B vitamins as well as iron) will be critical for the development and maintenance of higher energy levels in the body, so this will help out with that factor as we mentioned earlier.

Enhanced Digestive/Bowel Function

Another great benefit the Paleo diet has to offer is the fact that it will also enhance your digestive and bowel functions as well.

Since you will be eliminating all the foods that put so much digestive stress on the body since they aren't natural and contain all those man-made chemicals, this means you won't experience the bloating, gas, indigestion, heart burn, or any other side effects that you have been noticing with your diet plan as you adopt this set-up instead.

Furthermore, since fiber intake is kept so high on the Paleo diet and dietary fiber is one of the key determinants of regular bowel movements, you'll also see excellent improvements here.

While few people give much thought to their bowel movements, when you're backed up, it suddenly is very attention demanding and when it happens, you won't be giving much thought to anything else.

Better Insulin Resistance

Insulin resistance is one of the leading contributors to what could be one of the most wide spread diseases affecting today's population – diabetes.

Insulin resistance is a state where your body has been exposed to high intakes of processed carbohydrates for so long that the body's cells have stopped responding as well as they should.

Typically, when you eat very rich and simple carbohydrate based foods, your blood sugar levels will increase, which will then prompt the body to release insulin, which is a hormone that is aimed to control blood sugar levels.

In a normal human body, that insulin would go into your system and begin taking up the excess glucose molecules out of the blood and putting them into storage.

In someone who is experiencing insulin resistance however, the body's cells are not responding to insulin the way they should, thus blood glucose levels stay high.

In an attempt to control blood glucose levels, the body will continue to pump out more insulin, which can eventually burn out the pancreas (which is what produces insulin), and when that occurs, you have a real problem on your hands – diabetes.

Those who are insulin resistance are going to be at a higher risk of gaining excess body fat, of suffering from high blood sugar levels, and of suffering from a number of diseases such as diabetes as well as cardiovascular disease.

When you aren't eating a diet that's so loaded with simple carbohydrates however, there isn't this great need for insulin in the system and you're not constantly having to control blood glucose levels, thus your risk of this problem happening is that much lower.

Those who use the Paleo diet plan often find they increase their insulin sensitivity, which is the exact opposite of resistance and puts them in an all-around healthier state.

Lower Risk Of Disease

Finally, speaking of diseases, that brings us to the next key benefit that the Paleo diet plan will offer and that is that it will help to fight against a number of diseases.

This is due to the combination of being more insulin sensitive as well as getting in far more vitamins and minerals along with antioxidants in your total daily intake.

You'll see lower risks of developing heart disease, cancer, as well as diabetes, along with numerous other conditions.

In addition, since you'll have an easier time controlling your body weight on this plan, that will also put you at a lower risk for any sort of diseases that are directly related to having excess body fat.

So as you can see, there are definitely no shortage of benefits to using the Paleo diet plan, which is why this plan is one that you simply can't afford to overlook.

If you want to lose weight and improve your health, there is no better way than this to do that.

Who This Program Is For

Finally, you may be wondering if you fit the bill for this program. Who is this program best suited for?

Simply put, Paleo Body is virtually for anyone who wants to improve their health and nutritional standing.

It doesn't matter if you're male, female, fit or unfit, thin or heavy, you can use this program.

The best part is that, as we mentioned earlier, this isn't just a one-time type of set-up – something that you only use for a brief period before moving over to an entirely different way of eating.

It's very easy to adapt and adjust this program based around the goal set that you have so that you're constantly achieving success and feeling good as you do it.

Paleo Body works well for those who aren't as active and who lead relatively sedentary lifestyles (although we strongly encourage you do participate in the strength training workout that will provided), and it can also be adapted all the way to the high level athlete as well.

It doesn't matter what your own personal requirements are, you can use this approach.

Of course different people will come from different backgrounds in their style of eating and for some, it may be a larger adjustment than for others to make the transition to the Paleo way of eating, but as long as you are willing to put forth the effort, you can definitely use this approach.

So now that we've finished discussing the key ideas that Paleo Body is based around, it's time to move forward and talk a little more about the science behind fat loss along with building muscle.

Since each goal requires a certain set of things, by understanding how the process takes place, you can better understand what you need to be doing with your program in the coming weeks or months.