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# Your Personal Paleo Code: The 3-Step Plan To Lose Weight, Reverse Disease, And Stay Fit And Healthy For Life



## Synopsis

An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In *Your Personal Paleo Code*, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program - Reset, Rebuild, Revive - to fit your lifestyle, body type, genetic blueprint, and individual needs. Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, *Your Personal Paleo Code* offers natural solutions and an avalanche of groundbreaking advice on how to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research, *Your Personal Paleo Code* is designed to be flexible and user-friendly with effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

## Book Information

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## Customer Reviews

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.

This review was originally featured on [AncestralizeMe.com](https://ancestralize.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.

In June 2011, one of the most profound shifts in thinking regarding the Paleo diet took place. That was when Paleo practitioner, blogger and podcaster Chris Kresser wrote a blog post entitled "Beyond Paleo: moving from a 'paleo diet' to a 'paleo template'" that set the groundwork for what would become YOUR PERSONAL PALEO CODE. Kresser is highly respected for taking a more neutral, pragmatic approach to things when it comes to nutrition. But don't mistake that for having a wishy-washy attitude about what he knows is going to be most effective for people. There are some basics that he very clearly outlines in his book with varying levels of diet manipulation depending on the circumstance of the individual. It's this "personal" element that has been missing in so many of the Paleo books in recent years (although Diane Sanfilippo's New York Times bestselling book Practical Paleo has probably come the closest). In Step 1 of YOUR PERSONAL PALEO CODE, Kresser shares his direct experience working with thousands of patients to help you identify hidden issues in your health that you may not even know about, outline and explain the importance of getting properly nourished through the foods you consume, why gluten, seed oils and sugar are the REAL (toxic!) enemies in your diet, why switching over to healthy saturated fats is going to help you not harm you, the kind of carbohydrates you should be consuming in your diet, why the kind of protein you eat is critical, the value in sticking to real, whole, organic foods that come from the wild, economical options for doing Paleo well on the cheap, a primer on gut health, and so much more.

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