

The Paleolithic diet, also popularly referred to as the caveman diet, Stone Age diet, and hunter-gatherer diet, is a nutritional plan based on the ancient diet of wild plants and animals that various human species habitually consumed during the Paleolithic era—a period of about 2.5 million years duration that ended around 10,000 years ago with the development of agriculture. Grains are an invention. The “contemporary” Paleolithic diet centered on commonly available modern foods, consisting mainly of meat, fish, vegetables, fruit, roots, seeds, and nuts, and excludes grains, legumes, dairy products, salt, refined sugar, and processed oils. Funny, as most of what it EXCLUDES is part of most Americans’ diet! No wonder we are the most obese country in the world and 1 out of every 3 women and 1 out of every 2 men will get some form of cancer in their lifetime. The USDA food pyramid is worthless. Its focus is on grains, carbs, and starchy foods! It’s not what we were born to eat.

Why should you refrain from grains?

Grains turn into glucose in your body, spike your blood sugar level, and often lead to insulin resistance. That, in turn, leads to diabetes. Refined grains, especially baked goods, are particularly harmful. They’re low in fiber and high in sugar or fat. Even whole grains have a rating on the glycemic index as high as some common junk foods.
 Ref: www.alsearsmd.com

Why should you refrain from dairy?

If I were to offer you a cocktail drink of pituitary hormones, steroid hormones, thyroid and parathyroid hormones, gastrointestinal peptides, growth factors, growth inhibitors, fat, cholesterol, allergenic proteins, blood, pus, antibiotics, bacteria and viruses, would you drink this? Well, believe it or not, this is what you get every time you drink cow’s milk from the supermarket, but people still drink milk, due to ignorance.
 Ref: [Dr. George J. Georgiou, Ph.D](#)

The pasteurizing and homogenizing processes dissolve healthy enzymes, eliminate a lot of the vitamin content, denature fragile milk proteins, destroy vitamin B12 and vitamin B6, kill beneficial bacteria, and make it easier for bad kinds of bacteria to flourish.

Don’t eat conventional meats, poultry and pork. They are full of antibiotics, arsenic, hormones, and disease. Eat grass-fed meat, wild fish, and cage-free eggs to avoid the dangers of factory farms, which produce most of the meats you buy in grocery stores and even health food stores. Buy organic vegetables and fruits that aren’t full of 40-plus kinds of pesticides that their conventionally grown counterparts sell us!

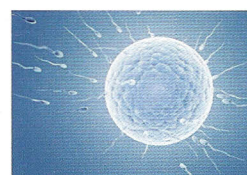
Benefits of the Paleoithic diet: building lean muscle, burning fat, and reducing your risk of heart disease and diabetes. The body heals itself when nourished properly. Change your health today. Life a long, happy, disease-free life! Go Paleoithic! —Rico Connor www.totalhealth4life.net **SLV**



3-D NOT THE SAME FOR YOU & ME

3-D movies are the latest “big ticket” moneymaker for Hollywood right now. But for as many as 56 percent of people between the ages of 18 and 38, the 3-D movie

illusion simply can’t be seen or they may feel a little nauseated because of their three-dimensional perception. 3 to 9 million people in the U.S. alone have vision problems that keep them from enjoying 3-D movies, suffering from symptoms related to depth-perception problems having to do with binocular vision (the ability to align both eyes on a target and combine the visual images from the two eyes into a single, three-dimensional perception). In the early days, 3-D glasses would have one red lens and one blue lens, and there would be one red image and one blue image on the screen separated by a little distance. One eye would be able to see only the red and the other only the blue, and the brain would fit them together to form an in-depth perception. Today, the technology is much more advanced, by using polarized lenses that pick up separate images or by timing the images between the two eyes. Sadly, millions of moviegoers are unable to enjoy a movie in 3-D, and instead experience a “visual hangover,” (headaches, blurred vision and dizziness). Several different vision disorder could be the cause of the problem, including: Amblyopia, (lazy eye), which occurs when one eye does not see as well as the other; Strabismus, (crossed eyes), in which the eyes do not line up in the same direction when focusing; and/or Convergence insufficiency, in which the eyes are incapable of turning toward each other to fix on the same distance. The new 3-D movies are giving some people their first clue of a vision problem they may have had for a long time without recognizing it. **SLV**



FERTILITY BOOSTED BY ANTIOXIDANTS

Boosting up your fertility is now a good idea for men as well as women, and fertility experts are now touting prenatal vitamins for both sexes as a key to an easy-fix for fertility. Male subfertility may be caused by oxidative stress damage to sperm in 30% to 80% of cases. Men can take control by simply boosting their immune system by getting proper nutrition through a healthy daily diet, exercise, and adding antioxidant supplements. **SLV**

PREVENTING KIDNEY PROBLEMS

Your kidneys are responsible for filtering about 200 quarts of blood every day, and about two quarts of liquid and waste in your system that are excreted in urine. They also produce certain hormones that help to regulate blood chemicals. To keep your kidneys healthy, it is essential to drink enough water every day to stay hydrated, (64 ounces daily). If you’re very active, sweat a lot, or have any kidney problems, you should be consuming even more. Drinking water not only washes toxins out of your body, but it promotes digestion and regulates body temperature. When you feel the urge to urinate, don’t delay. Waste products are stored in your bladder, and while these toxins are sitting there, they could lead to a urinary tract infection. The juice of fresh fruits and vegetables helps in the flushing of toxins and waste from your body. Eating fast foods and highly processed foods that are unhealthy will take its toll on your kidneys over time. Green tea, watermelon, asparagus, garlic, parsley, celery and fish on the other hand, help strengthen kidney function. Obesity doubles the odds of developing kidney stones and kidney cancer. Dropping a few extra pounds and exercising will improve kidney health. Cranberry juice helps to keep bacteria from sticking to the lining of the kidneys, as well as reducing inflammation. Vitamin D deficiency can also cause kidney problems, so try to get 2,000 IU of D every day. **SLV**

