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Paleo Buddha

“Awaken The Hunter Gatherer Within”

WHAT IS PALEO?



“Our Food Should Be Our Medicine, Our Medicine Our Food”.

Paleo is short for Paleolithic. A time period long ago where hunter gatherers (cavemen) ruled the roost. Essentially the diet consumed by these ancient hunters consisted of **meats, nuts, seeds, vegetables, seasonal fruit, some starches, and no alcohol**. Clearly there was no cheerios or pizza. Much less was anything available that required much processing.

Grains, legumes, smelt, oats, and even nightshades would not have been readily available to our predecessors, so Paleo eaters avoid these substances. Not simply because cavemen didn't have them, but more to the point. They make us ill. That's right, the bottom of the food pyramid may not have been your friend all along. The above listed offenders contain anti-nutrients, allergens, toxins, and substances we may very well be able to survive on, but definitely not thrive on.

A Paleo diet mimics what our ancestors consumed; lots of lean meats, saturated (meat, tallow, marrow, coconut), and monounsaturated (nuts, avocado, olive oil) and even polyunsaturated fats (Omega's), greens, and water. Leaving the cardiovascular, and performance killers such as sugar, grains, and trans fats right where they belong....on the shelves.

WHAT IS BUDDHA?



“Health Is The Greatest Gift, Contentment The Greatest Wealth, Faithfulness The Best Relationship.”

Realized in India, and progressed throughout Asia, the Buddhist faith is much more a practice than a religion. It most assuredly can be a religious faith with no central deity, or, like many westerners choose to employ, it could be a practice of theological teachings applied to real life situations meant to realize the relinquishment of attachment to “things”, or “behaviors”. Freedom from cravings. In the Buddhist system Christians, Jews, Catholics and the like can all be Buddhist and reap the rewards.

Buddha translated means awaken. Thus matching perfectly to the entire goal of this seminar. Awaken to the fact that you are entirely on your own when it comes to nutrition, health, and fitness. The government, FDA, and USDA are businesses meant to make profits, not preach nutritional gospel. Awaken to eating how you were designed to, not how most of us were taught to.

THE PATH

“There Is A Difference In Knowing The Path, And Walking The Path.”

1. Set your goals. Take pictures. Get your measurements, and values which include; waist to hip ratio, body-fat, blood pressure, Hemoglobin A1c, Lipid Profile, C-Reactive Protein, Vitamin “D” levels.
2. Walk the path for 30 days. Re-measure. You can take certain measurements throughout, but for the rest, wait.
3. Eat only the approved foods.
4. Eat protein and fat at every meal.
5. Drink as much water as you can.
6. For optimal results, weigh and measure everything. This is imperative for competing athletes. For non-competitive individuals, or those new to the Paleo scene, this is not imperative. Simply eating Paleo will be life changing.
7. Workout as intense as humanly possible....in short bursts.
8. Follow the 10 steps to enlightenment.



APPROVED LIST

“Your Not Only What You Eat, You Are What Your Ancestors Ate.”

Protein:

Fish- Tilapia, White Fish, Roughy, Salmon, Tuna, Mahi, Swordfish, various Shellfish, and the like. There are many more choices here, but you get the idea

Beef- Broils, Roasts, Hamburgers, Steaks, all cuts, shapes sizes and what-have-you’s. Again, eat the damn cow.

Poultry- Turkey, Chicken, Duck.

Pork- pigs

Eggs- Chicken, Goose and so forth (Eggs contain Lysozyme, which is an enzyme some of us find very irritating and poisonous). If you’re unsure if your allergic, eliminate eggs for the 30 days, then reintroduce and watch for changes.

Fat:

Nuts/Seeds- Almonds, Macadamia, Cashews, Filberts, Walnuts, and the like (peanuts are legumes). Sunflower, Sesame, and Pumpkin seeds

Coconut-Oil or Flakes. No Sugar Added

Oils-Coconut, Avocado, Walnut, Olive

Butter-Grass Fed Only, Ghee

Meat-Your meats also have fats

Vegetables:

Broccoli, Green Beans, Asparagus, Spaghetti Squash, Cabbage, Cauliflower, Celery, Lettuce, Spinach, Onions, and many more, as long as they are free from heavy starches and carbs, they are usually fine.

AVOID LIST

“Never Venture Down Grocery Isles, Stay Perimeter”

Sugars/Sweets- Pop, Candy, Honey, Juices

Grains/Cereals/Corn/Gluten/Wheat/Oats/Rice/Anything resembling or containing such items.

Most Dairy-Again GrassFed Butter is OK, and raw unprocessed milk may be allowable for some of us on occasion, but as a general rule. Keep the cheeses, yogurts, shakes, and creams at the store where they belong.

Cereal/Grain-like- Amaranth, Buckwheat, Quinoa

Legumes-Beans, Peas, Peanut Butters, Peanuts, Lentils, Soy

Starchy Vegetables- Potatoes, Yams, Cassava

Fruit-Unless your very lean avoid all together. If your lean, and still want maximum health, avoid this heavily glyccating substance.

Alcohol- Come on??



SUPPLEMENTS

Technology Is Not Inherently Bad, Our Utter Dependence On It However....

No, cavemen did not have whey protein, or Antibiotics, or cars, or blah, blah, blah. Again, its not religion, **do not make it so perfect you will intentionally fail.** The following supplements may aid in your goals.

Omega 3 (n-3, Fish Oil, EPA, DHA, PUFA's)-Never go a day without it. Our diets are full of far too much Omega-6, which is not bad, but the drastic ratio change from our pre-historic friends is one of the main reasons our health waivers today. Ensure a n-3/n-6 ratio of 1/2, or 1/4, not the average american of 1/30. **Shoot for .5, up to 1.5 grams per 10lbs of bodyweight per day.**

Progenex Recovery-Whey protein with a specifically manufactured calcium replenishment chain meant to fully restore athletes within six hours of activity.

L-Glutamine- A simple amino acid that aids in keto-adaptation and the effects of what seems like hypoglycemia to new found diets where carbs are eliminated. The L-Glutamine will help the brain work as the shift from carb metabolism to ketone metabolism occurs. **One tablespoon per day, or as much as needed.**

Gymnema Sylvestre- A herb that wipes carb craving off the charts by improving insulin sensitivity. In fact chewing the raw herb disables the taste buds ability to enjoy sugar for up to ten hours. **As directed, or chew as necessary.**

L-Carnitine- Works along the same lines as L-Glutamine, and GS. Craving killers.

Magnesium- From sleep management, to a true source of healthy bones, Magnesium is much more a regulator of longevity than we give it credit for. **Before Bed, preferably with Zinc, 400-600mg per day.**

Zinc-Testosterone production immune system health, sleep. **Thirty to forty milligrams per day.**

Vitamin "D"-Sun in a bottle. Testosterone mapper, fat burner, Anti-inflammatory, insulin sensitivity. and much much more. In fact "D" is not even a Vitamin, but a hormone. 2000-5000iu per day.

Vit B-5(Pantothenic)-Utilize fat stores for energy better. **5000mg per day.**

Creatine- Essentially gives you one more rep when it really counts by aiding in ATP replenishment, which is ultimately your energy exerted from the body. **5-20 grams per day.**

VALUES

“The Nicest Thing About Standards Is That There Are So Many Of Them To Choose From”.

The below values are not as much prescriptive as descriptive. They are helpful tools, not the be all end all unless you have the big picture. Look at all fields. Gather all data.

Body-fat- Males 8-13%. Females 10-14%, although most handle lower just fine.

Blood Pressure- 120/80mmHg

Total Cholesterol- 130mg/dl

HDL- 60mg/dl and above

LDL- 90mg/dl or lower

Triglycerides- 100mg/dl lower the better

Glycohemoglobin (Hb1Ac)- <5%

C-Reactive Protein- 1.0mg/l

Vitamin “D”- 50ng/nl

***As an add to.** Directlabs.com, or Enterolab.com, offer awesome forms of all of the above tests, void of prescription. You can add gluten intolerance to the list, and I highly recommend you do.



10 STEPS TO ENLIGHTENMENT

1. CrossFit
2. Change Your Surroundings
3. Be Honest With Yourself, Forgive, Forget
4. Eliminate Toxins, Allergens, Poisons
5. Exchange Carb Calories, For Fat Calories
6. Eat Real Protein
7. Sleep More
8. No Fruit
9. Fast.....Intermittently
10. Meditate

NOTES