

Published based on [The Paleo Diet Plan](#)

The Paleo Diet Plan

Paleo is the abbreviated form of Paleolithic. The Paleo Diet refers to foods that were consumed during the Paleolithic era. This was the time from about 2.5 million years ago up to 10,000 BC. More commonly known this is the time of the caveman. During this time early man was a hunter and gatherer. During this time early man did not plant crops and survived on the wild plants, fish and animals. Eating only the basic foods available these early humans did not have access to dairy products, sugars, salts, grains or processed oils.

The belief is by eating only fruits and vegetables that grew naturally in there area with a mix of meat and fish from their hunting these early humans maintained a higher level of health, energy and live a longer healthy life.

The [Paleo Diet](#) became popular in the mid 1970's when a gastroenterologist, that is a doctor who studies and treats disorders in the digestive system from the mouth to the anus, name Walter L Voegtlin started promoting the idea. Since then many other medical doctor and researchers joined in. The theory is that since early humans lived on this diet that it must be the natural diet of humans. With obesity and heart disease a major problem today you have think the average modern diet is a health hazard.

Supporters of the [Paleo Diet](#) claim that the human body is not naturally adapted to eat foods high in sugars, salts and preservatives. Do not get this confused with a vegetarian diet as the Paleo diet includes meat and fish.

The early humans had simple tools made of sticks and stones. They were able to hunt and fish. They did in order feed themselves although it was probably much easier for them to pick nuts and berries rather than hunt down a wild animal. They would eat natural food grown in their environment. They were not farmers nor did they plant crops. There were enough plants and trees among them.

It is known that foods high in sugars and salts lead to an unhealthy body. These foods also leave you bloated and slow a person down. Many people today are overweight. They are many problems caused by obesity. There also many physical conditions people suffer from simply due to a poor. Chronic fatigue and mood swings can be caused by eating the wrong foods. Most people today have grown up eating the wrong foods and don not know any better.

Eating foods that are bad for you is a huge business. The more bad foods you eat the more you crave them. It is like a bad drug habit. Left out of controlled many health issues will arise yet many corporations profit from your condition. [The Paleo Diet](#) will change all that. You will start to look and feel better about yourself. Simple changes will bring great results.

You can also find this article published on [The Paleo Diet Plan](#), and on the tag pages [belly fat](#), [diet](#), [natureal foods](#), [weight loss](#).