



# Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life

By Nora T. Gedgaudas CNS CNT

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## **Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life** By Nora T. Gedgaudas CNS CNT

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness

- Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function
- Shows how our modern diet leads to weight gain and “diseases of civilization”--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD
- Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention

Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness.

Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people's diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects

mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

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## Gedgaudas CNS CNT Bibliography

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### Editorial Review

#### Review

“. . . it is splendid and solid . . .” (*LewRockwell.com, August 2011*)

“In addition to addressing large health issues with clarity and precision, Gedgudas provides step-by-step guidelines and meal recommendations, giving her work even more utility, while tossing in moments of humor for good measure.” (*ForeWord Magazine, September 2011*)

“This book provides a range of new information. It is an excellent resource for those of us who believe in the importance of grass fed animal fats as a crucial source of Omega-3.” (*Bruce Ward, Holistic Results, November 2011*)

“If you want to *really* know about how your brain and body work, read this book!” (*Thom Hartmann, author of The Edison Gene: ADHD and the Gift of the Hunter Child*)

“This is one of the best health information books I have read in a long time.” (*Annette Epifano, New Connexion, November 2011*)

“A fascinating read that not only motivates you to change your diet but also provides the practical tools to do so.” (*Merikah Robertson, Common Ground*)

“*Primal Body, Primal Mind* is so much more than just another “what to eat” book – it explains in everyday terms why eating like our Paleolithic ancestors works. With ample research to back up her claims, certified nutritional therapist Nora Gedgudas reveals what we are and are not genetically programmed to eat.” (*Healthy Referral, July 2012*)

“I consider Nora’s work to be the definitive statement on the nutritional needs of the brain. It is required reading for all of my patients and for anyone with an interest in maintaining their own vitality throughout their life.” (*Glen Zielinski, D.C., D.A.C.N.B., assistant professor of clinical neurology at Carrick Institute for*)

“It’s a health plan so easy even an unga bunga caveman can do it! Gedgudas uses humor, science-based facts, and common sense to debunk many of the myths we have been told about weight and health control in the 21st century. In the world of healthy high-fat, low-carb nutrition research and education, this is yet another book to complement your healthy lifestyle change.” (*Jimmy Moore, author of Livin’ la Vida Low Carb*)

“Nora explores where our dietary requirements originated and how they affect our mood and vulnerability to diseases and explains the complex issues of nutrient assimilation, digestion gluten sensitivity, and celiac disease. Find out if you’re a fat burner or a sugar burner, learn the bad news about gluten, soy, milk proteins, and the nutritional bases for depression, ADHD, and other common disorders. This book is so much more than another ‘what to eat’ book.” (*Julie Holland, M.D., author of The Pot Book and Weekends at Bellevue*)

“*Primal Body, Primal Mind* is the best nutritional book I have ever read. It covers everything. I have already bought 3 copies to give to worthy friends. A gold mine of great information.” (*Louise L. Hay, Hay House*)

*Publishing)*

“Nora Gedgaudas is a warrior fighting for our collective health. For 2.6 million years humans knew what to eat: animal fat and protein. On that diet, we grew tall, strong, and disease-free. That primal pattern is still there, laid down like a labyrinth circling out of our DNA, and Nora is ready to guide us. This book is fabulous.” (*Lierre Keith, author of The Vegetarian Myth*)

“These days, hormones are a hot topic. In *Primal Body, Primal Mind*, Gedgaudas focuses on those hormones that are commonly imbalanced and problematic to the American population, contributing to symptoms such as weight gain, low energy, poor mood, and even premature aging. In clear and simple terms Nora describes the root of these problems and outlines solutions that are effective and easy to apply. This is the book you want to read.” (*Janet R. Lang, D.C., author, educator, and founder of Restorative Endocrinology*)

“Nora Gedgaudas lights a path toward dietary discretion and natural health that obliterates much of the standard dietary doctrine along the way. Larger truths have a tendency to be simple. It is so here as well.” (*Siegfried Othmer, Ph.D., coauthor of ADD: The 20 Hour Solution and chief scientist at the EEG Instit*)

“One of the best books I have read dealing with nutrition and lifestyle for optimal health.” (*David Perlmutter, MD, FACN, ABIHM, author of, The Better Brain Book and Power Up Your Brain: The Neu*)

“Every so often, you encounter a gem among the dross competing for your attention. Such is the case with *Primal Body, Primal Mind*, written by Nora Gedgaudas.” (*Mark Steinberg, Ph.D., Licensed Psychologist and Clinical Neuropsychologist*)

“In my opinion, *Primal Body, Primal Mind* is the best book so far ever done on the Paleolithic diet. Despite the rich and detailed amount of science included in Nora Gedgaudas’s excellent book, even Britney Spears could understand it.” (*Charles Poliquin, Poliquin Strength Institute, Olympic and World Champion Strength Coach*)

“Nora Gedgaudas has loaded *Primal Body, Primal Mind* with the information and resources essential for anyone who hopes to survive the 21st century in mental and physical health.” (*Julia Ross, author of The Diet Cure and The Mood Cure and executive director of the Recovery Systems*)

“When you read Nora’s work, rest assured you are not reading a regurgitated version of whatever is in fashion, but instead the careful harvest of decades of careful research, application and observation .” (*Elaine Fawcett, MJ., NT., Health Journalist and Nutritional Therapist*)

“. . . *Primal Body, Primal Mind* reveals how the coming of agriculture resulted in a marked decline in stature, bone density, dental health, with a corresponding rise in birth defects, malnutrition, and disease directly related to an agriculturally-based life style. . . *Primal Body Primal Mind* is an enthusiastically recommended addition to personal, academic, and community library Health & Nutrition instructional reference collections.” (*Midwest Book Review, August 2011*)

“If you are serious about changing your eating habits to a healthier regimen, you should consider reading *Primal Body, Primal Mind*. Following Gedgaudas’ suggestions will not only give you a healthier body but also a clearer and more functional mind.” (*ReaderViews, August 2011*)

From the Author

This new extraordinary edition of **Primal Body, Primal Mind** has been substantially refined, updated,

meticulously scientifically edited and reformatted with extra chapters and new additional illustrations. The few nay-saying comments posted to this site are mostly based on the earlier edition of this book which lacked the current edition's refinement.

No one book can possibly please everybody--and **Primal Body, Primal Mind** challenges a lot of comfortable assumptions (even slaying and barbecuing a few sacred cows along the way)---but most of those who found fault with the previous edition will find their complaints here can no longer apply. In fact, I've used much of the prior constructive criticism as a helpful tool to elevate **Primal Body, Primal Mind** to a whole new standard of excellence.

I am quite proud of this new edition. I hope you enjoy it.

~ Nora Gedgaudas, Author

From the Back Cover  
HEALTH / NUTRITION

“Nora Gedgaudas is a warrior fighting for our collective health. For 2.6 million years humans knew what to eat: animal fat and protein. On that diet, we grew tall, strong, and disease-free. That primal pattern is still there, laid down like a labyrinth circling out of our DNA, and Nora is ready to guide us. This book is fabulous.”

--Lierre Keith, author of *The Vegetarian Myth*

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NORA T. GEDGAUDAS, CNS, CNT, is a certified nutritional therapist and neurofeedback specialist with a private practice. A member of the Nutritional Therapy Association, the National Association of Nutritional Professionals, the Nutrition and Metabolism Society, and the Weston A. Price Foundation, she lives in Portland, Oregon.

## **Users Review**

### **From reader reviews:**

#### **Raymond Llamas:**

This Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this guide incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life without we realize teach the one who looking at it become critical in considering and analyzing. Don't end up being worry Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life can bring if you are and not make your carrier space or bookshelves' turn into full because you can have it in your lovely laptop even cellphone. This Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life having fine arrangement in word and also layout, so you will not sense uninterested in reading.

#### **Fred Martinez:**

Information is provisions for those to get better life, information today can get by anyone at everywhere. The information can be a know-how or any news even an issue. What people must be consider if those information which is inside the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one typically the resource are convinced. If you find the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen within you if you take Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life as your daily resource information.

#### **Paul Day:**

Don't be worry when you are afraid that this book will certainly filled the space in your house, you might have it in e-book technique, more simple and reachable. This kind of Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life can give you a lot of buddies because by you looking at this one book you have issue that they don't and make an individual more like an interesting person. This specific book can be one of a step for you to get success. This publication offer you information that might be your friend doesn't understand, by knowing more than different make you to be great people. So , why hesitate? Let's have Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life.

#### **Charles Wagoner:**

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