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The Paleovedic Diet: A Complete Program To Burn Fat, Increase Energy, And Reverse Disease

"Dr. Akil Palanisamy makes both timeless knowledge and leading-edge research accessible in this groundbreaking and timely book...a must-read for anyone serious about achieving optimal health and vitality."

—ANDREW WEIL, M.D.,

world-renowned integrative medicine physician and bestselling author

THE PALEOVEDIC DIET



A Complete Program to
Burn Fat, Increase Energy, and
Reverse Disease

Akil Palanisamy, MD



Synopsis

A groundbreaking total-body program that incorporates principles of Paleo nutrition, Ayurvedic medicine, and cutting-edge research. In *The Paleovedic Diet*, Dr. Akil Palanisamy, MD, offers a comprehensive roadmap to optimal health combining the most effective aspects of the Paleo diet with Ayurveda, the time-tested traditional medical system of India, and the latest scientific research. Making complex ideas understandable and accessible, Dr. Akil delivers a simple, customized diet and lifestyle program to fit your unique body type. Drawing upon his extensive training and clinical experience, Dr. Akil skillfully separates fact from fiction, providing clarity on issues such as gluten sensitivity, misconceptions about carbs, meat-eating versus vegetarianism, good and bad fats, unknown superfoods (you'll be surprised to see what's included), nutritional supplements, and the critically important gut bacteria comprising your microbiome. The Paleovedic Diet provides definitive, practical guidance on what to eat, how to move, how to sleep, how to manage stress, and even how to breathe. Dr. Akil's revolutionary three-week program (with meal plan and recipes) utilizes delicious nourishing foods, powerful healing spices, and intensive detoxification techniques to help you transform your body and mind.

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Customer Reviews

This is an impressive work, and it is far more than a diet book. It is a guide to finding health, your unique path to health, that is much needed in a world full of health misinformation and lifestyle confusion. As an integrative preventive medicine specialist, I tend to be highly critical of health books written for the lay public. The Paleovedic Diet, however, is one I can enthusiastically recommend and I think it deserves special attention. It is clear that, in assembling this robustly scientific book, Dr. Palanisamy made accuracy and efficacy his top priorities. He has taken an abundance of evidence and insight elucidating highly complex physiological relationships that often confuse even nutrition experts and condensed it into succinct and understandable recommendations. He clears up numerous popular misconceptions about Paleolithic nutrition and he doesn't hesitate to confront controversy with science. It might be surprising to the reader that actual scientific evidence, much of it reviewed here, exists to guide one in areas dominated by opinion and misinformation such as gluten sensitivity, genetically modified organisms, pesticides, and nutritional and herbal supplements. Dr. Palanisamy is fully honest about where the science is uncertain or absent and offers sincere and helpful advice on how these areas can be best navigated, clearly indicating when this is based on his own experience with patients. I have confidence that this book was motivated by the author's desire to identify and share certain "truths" about nutrition and health, a journey he began long ago in an effort to recover his own health. I have great respect for this rare kind of authorship born of benevolent intent and curiosity. The Paleovedic Diet is much more than a diet book, however. Additional critical lifestyle elements such as sleep and chronobiology (circadian rhythms, etc.), stress, and exercise are well covered with equal concern to the scientific evidence. Dr. Palanisamy recognizes that while diet modifications alone are likely to produce a benefit, the simultaneous modification of these synergistic lifestyle variables can produce much more dramatic benefits. Furthermore, he recognizes that different people require different ways to health. These observations are undeniably supported by biomedical science, yet they have been most thoroughly and precisely developed by the science of Ayurveda, making the inclusion of Ayurvedic principles in this book highly relevant and naturally seamless. For readers that might be uneasy about the humoral-like basis of Ayurveda, be reassured that modern science has never contradicted this ancient system. But whereas modern science is profoundly deficient in relating the complex dynamics between health and individual ecology, Ayurveda excels. I anticipate that it may take

biomedicine hundreds of years to detail the same relationships that are already eloquently identified by Ayurveda. If you want the benefits now, Ayurveda can guide you. In summary, The Paleovedic Diet is an enjoyable read which assembles a plethora of relevant modern and ancient scientific insights with impressive scope and integrity, offering the reader a nicely comprehensive approach certain to effectively improve health.

I highly recommend The Paleovedic Diet for anyone seeking practical, cutting edge information and advice to restore or maintain good health. I read a fair amount of current books regarding health, diet, and lifestyle, and I found "The Paleovedic Diet" to be one of the most comprehensive and helpful on a practical basis. The book provides recommendations about how to incorporate healthful foods (under the premise that food is medicine too), supplements, and practices into daily life. It has good, science-based background information throughout the book, but struck the right balance between that kind of research information and what to do with it. (So you are not overwhelmed by scientific data nor feel like you aren't sure that the information has a medically researched basis.) I found the Ayurvedic concepts discussed interesting and a useful way to think about tailoring diet and lifestyle to better support one's own physical and emotional make-up, but even if you aren't inclined to use an Ayurvedic system, the book is a powerhouse of information. I learned a lot of practical tips that help me understand and follow a healthier diet and how to better use food as medicine (but keeping it delicious!). Maybe because of that, and because of Dr. Akil's personal struggle and success, I also found the whole book hopeful. I'm hoping to get my spouse to read it too.

A mind opening book.... Dr Palanisamy does an exceptional job merging the best of Ayurveda knowledge with Paleo diet principles. Disputing the notion of "one size does not fit all", a customized diet program based on one's body type is provided. This total health/ wellness oriented book also renders lifestyle information focusing on sleep, breathing, exercise, mind-body-spirit connection and detoxification.

Overall, give it a read. If you have never read a nutritional book before, this should be your first one. If you have read a lot, you will still learn something. I have read quite a lot of nutritional books over the years and I think this is my favorite. The chapter about super foods, how to buy, store and cook them to get the most of your food is worth the price of the book right there. If you are looking for a lot of recipes with detail and pictures, this isn't the book for you. While there are many great aspects to

the nutritional information, there are things I would do differently: I wish the recipes would have had side notes as to the amount of omega 3 to 6 ratio, or the amount of protein, how many calories, what dosha they are good for. To have all the great information given without implementing it into the recipes was disappointing. Plus, going through and looking at the recipes I could see errors - the title of the recipe and the ingredients list didn't match up. I did make the egg muffins. Not very good and they took a lot more time to cook than the recipe indicated. I've grown very fond of Well Fed and NomNom spices in food. I will continue to try different recipes - mostly drawn to those that I have not tried those spice combinations before.

It's a cool book. Like most diet books, you buy it for a few nuggets, to challenge your preconceptions, and help suggest/guide experimentation. Easy to understand and the questionnaires were fun. I also wanted an introduction to Ayurvedic principles and this book delivered.

This book is the clearest statement of what paleo-vedic means in terms of body type, diet, and health consequences. It is well written and illustrated.

Amazing potentially life changing book! The simple easy to understand material makes this an easy read for casual and professionals alike. I am a physician who has started incorporating some of these principles into my practice!

This book is well written and the concepts, although advanced for a new dieter, are well explained. I would recommend to others

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