What Paleo Means

So, in the trending world of fads and catchphrases, we hear of things such as the vegan diet, vegetarian diet paleo diet carnivore diet keto diet. You hear all these things, but I want to take a few minutes and break down Paleo.

Paleo is what I explain to people more as the way that God designed us. It's our primitive nature. Paleos for me is God food, not man food. This is going to have us absentee of white flour, white sugar, processed chemicals, genetically modified foods.

Paleo as God Food

So it really just brings us back to that paleolithic era, that prehistoric era where we're not eating products in boxes and bags, but reading more off of the land and the foods that god gave us, I would consider paleo not to be you know, a label on yourself, but I would consider paleo a tremendously healthy way to be consuming foods because it really just brings us back to our more primitive design, god food over man food.

Paleo-Friendly Treats

Plus, when I get into teaching patients about paleostuff, it becomes very fun for me because in this world of don't eat this, don' do that, you shouldn't do this.

I like to bring up people in a different light in that it's not what you can't have but what can have. So if you wanted cookies, but you made them from a paleo version, it's much more conducive to your body's brain and your gut and all the things that contribute to health.

If you want to make a Paleo Apple Pie, a Palio Cookie Dough, whatever the case is, if it is prefaced with the word paleio, you will at least be in the confines of more god food than man food, and that's something that us at Synergy can get behind.