17 Benefits of Eating Paleo

<http://paleogrubs.com/paleo-benefits>

1. Balances Blood Glucose Levels
Because you’re avoiding refined sugar it’s easier to avoid spikes in your blood glucose levels, and also helps you avoid feelings of fatigue you get from sugar crashes. If you’re diabetic you will want to check with your doctor to see if they approve of this diet plan. If you’re simply trying to avoid getting diabetes this will be a better diet choice than typical American fare. Also, if you’re not concerned about diabetes and just want to feel better or lose weight, monitoring your blood sugar levels is a great way to do that.

2. Leaner Muscles
Because this diet plan relies heavily on meat you’ll be getting a fair amount of protein to feed your muscles. This helps to promote a leaner physique, and can even help with muscle growth if you engage in weightlifting while on it. When you consider the physique of Stone Age man they didn’t really have a lot of excess baggage in the form of a lot of fat and underdeveloped muscles. They were lean, mean, sabretooth tiger battling machines, and this sort of efficient physique still helps out in our modern world. With a leaner body structure you’ll be able to better handle life’s challenges, including the stresses that occur with a busy 21st century lifestyle.

3. Avoids Wheat and Gluten
You’re automatically cutting out wheat products, which gets rid of the gluten, so in essence you’re following a gluten-free diet at the same time. There is plenty of evidence that suggests that gluten is problematic for the digestive system and for weight gain, even for those that don’t have Celiac disease, or do not have a sensitivity to gluten. But cutting out these food items that have been shown to contribute to larger midsections and sluggish digestion, you immediately improve your body makeup and start to feel better all around.

4. Keeps You Feeling Fuller Longer
Most diets keep you in a constant state of hunger, but with a Paleo diet you’re focused on feeling full and feeling good, which means that it’s easier to follow, and has lower instances of diet crashes and cheating because you’re encouraged to eat when you feel hungry. It also contains a fair amount of healthy fats, helping you keep that full feeling and avoid food cravings. If you’re eating the right mix of proteins from meat, as well as vegetables that help you to feel full, and fruits that give just the right amount of fiber and carbohydrates, you’ll have no problem making it from meal to meal.

5. No Counting Required
Unlike a diet that has you watching points, or counting how many carbs you have in a day, the Paleo diet is intrinsically simple and easy to follow. The lack of rules and limitations on how much you can have each day makes it fun and easy to stick to the plan. By not having to limit yourself you don’t get your brain revolting against you or rejecting the plan resulting in self sabotage. You’re able to simply eat like a human should eat, and how we did eat before things got so complicated.

6. Could Prevent Diseases
By following a Paleo diet you are automatically eating more anti-inflammatory foods and cutting out a lot of foods that are known to cause inflammation. You are also eating more foods that contain antioxidants and phytonutrients which are always making the news because of scientific evidence that points to them helping to ward off or battle back cancer, as well as prevent heart disease. You’re also naturally avoiding a lot of the culprits responsible for disease and illness, like fast food and junk food, so you get a more natural version of yourself and open the doors for healing and well-being.

7. Helps You Sleep Better
By cutting out the chemicals and additives in typical food sources you’ll find that your body naturally gets tired at night. This is because the serotonin that your brain releases as a signal that it’s time to sleep is not overridden by other chemicals from food. When you start to feel sleep you should sleep. You might find that you’re getting tired earlier at night, and that you feel energized and ready to wake up earlier in the morning. This is your body getting in tune with the circadian rhythm, just like prehistoric man was.

8. Avoids Processed Foods
When you cut out processed foods you’re cutting out a lot of synthetic chemicals that have just come about in the last century and that the body just hasn’t adapted to yet. You may be startled by just how many foods get the no-go because of the processing involved, and how much you used to rely on these foods on a day to day basis. You may have a hard time giving up dairy products, or products that come out of boxes. There may be a period of both physical and psychological adjustment as you reach toward a more natural way of living, and you notice just how embedded you’ve become in modern conveniences.

9. Avoids Fast Food
The fast food industry is notorious at making headlines for how bad their food is. By going Paleo you instantly cut out all fast food because hey, cavemen didn’t have McDonald’s. The health benefits of not eating fast food have been cited in numerous journals and scholarly research, but for most of us it’s just common sense that these businesses do not have our best interests in mind. It can be liberating to give these places the kibosh and not give them a passing glance the next time you drive by them. Your heart and waistline will thank you.

10. Cuts Out Junk Food

 Out goes the junk food when you’re on Paleo, and this alone means that you’re improving your well-being, and only spending your money on food that helps you, not hinders you. This is fast food’s at-home cousin and one item that you will be glad you gave up, if not immediately but down the road when you start looking in the mirror and liking what you see. It’s also great for your food budget, as these items can be pricey to pay for the large ad budgets it takes to get people to buy them. Spend that savings on organic meats and vegetables and you’ll be doing yourself a big service.

11. Cuts Out Empty Carbs and Calories
Sodas and other sugary beverages are out when doing Paleo because there’s nothing prehistoric about them. All Stone Age man had was pure water and maybe some herbal teas so you’re going to have to cut out Pepsi, energy drinks, juices, and other beverages that are sugar laden and full of chemicals. For many just cutting out these empty carb sources results in losing weight, feeling better, and having more sustained energy levels through the day with no crashes. With Paleo every carb and calorie you take in serves a purpose, and serves your body in a positive way.

12. Gives You More Energy
When you combine Paleo-approved foods in the right way, you’re getting a well balanced meal with a protein, carb, and vegetable, and you’re getting it from all-natural sources. This is the way to feel more energized and at the top of your game without having to resort to energy drinks, caffeinated beverages, and other means to get you through the day. And unlike other diets that rely on a reduced amount of calories, the Paleo diet allows you to eat until you feel full, and also to eat whenever you feel hungry, so you don’t run the risk of running low on fuel when you really need it.

13. Provides Detoxing Effects
By stopping the intake of a lot of things that bring you down: trans fats, MSG, caffeine, refined sugar, gluten, and more, you’re giving your body a rest. By getting more antioxidants from the fruit you’ll be eating, and more phytonutrients and fiber from the vegetables you’ll be eating you’ll be purging your body of built-up waste and accumulation. Overall this provides a detoxifying effect to the body, and many Paleo followers report feeling lighter and more clear headed after several weeks. The nice thing about it is that it doesn’t involve going to extremes like fasting or drinking nothing but juice, You get to eat meals like normal so it’s a very lazy detox.

14. Keeps Things Simple
If you’re tired of always wondering what to eat, what to make for a meal, what is good for you and what is not, Paleo can keep things really simple and make it so your whole life doesn’t revolve around food anymore. You’ll be eating to live instead of living to eat, and that can free up a lot of mental effort on your part. You might be surprised by what a burden this takes off of you, and how much time it really frees up. Rather than having to constantly be thinking about your next meal you can have things set up so that you know exactly what you’ll be eating on a daily and weekly basis, and you can start to focus on more important matters.

15. Increases Your Intake of Fruits and Vegetables
If you’re like most Americans you struggle to meet your daily intake of fruits and veggies. This is not surprising since for most these are labeled as “health foods” and make it onto the dinner plate as an obligatory side dish to make a meal healthier. But with Paleo they are given more of a starring role along with meat so you’re going to be relying on them more than you were previously. You’ll be wiping out the bottom layer of the standard food pyramid and replacing it with meats and vegetables and healthy fats as your base layer, sprinkling in some fruits to keep your taste buds in the game.

16. Increases Your Intake of Healthy Fats
It’s hard to get your head around healthy fats actually helping to burn fat, but that’s just what they do, so it’s good to get your fair share of them each day. The Paleo plan makes them a big part of your day so that you don’t have to worry if you’re getting enough. These fats help you feel fuller for a longer time, which reduces food cravings and helps you stick to eating at meal time only. But remember if you feel hungry you can totally eat as long as you’re eating foods that are on the approved foods list.

17. Effortless Weight Loss
By doing nothing else but switching over to a Paleo way of eating many will notice that the weight just starts coming off. This is because in addition to eating a meal that is more natural, you’re cutting out a lot of foods that are unnatural. When you shift your energy from having to lose weight and feeling guilty about the foods you’re eating, you’ll notice that eating becomes fun again. An interesting phenomenon is that the more fun you have and the better you feel, the more you’ll want to stick to a program that makes you feel that way, and the easier it is to lose weight. If you’re constantly resenting your diet plan and craving things you can’t have, it’s a recipe for disaster.