



PRIMAL
NUTRITION AND FITNESS
live a more natural lifestyle



FIRST STEPS TO A HEALTHIER YOU

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INTRODUCTION

The world of nutrition and fitness can be confusing and misleading. Mainstream media, badly executed research and recommendations from the powers that be have lead us down a slippery path of ill health and chronic disease.

That's why I've put together this list of easy to apply hints and tips to help you become a healthier person for the long term.

My approach makes things easy, achievable and effective so let's make a difference.

1 – CUT OUT SUGAR FROM YOUR DIET



I know you have probably heard this one before but are you doing it? Sugar can have many negative effects on the body, it raises blood glucose quickly, this signals insulin to be released to ideally transport glucose into cells for energy, if not the secondary mechanism of insulin is to signal for glucose to be converted to fat and stored on the body.

Constant bombardment of insulin can lead to insulin resistance, the precursor of type 2 diabetes. A diet high in sugar means you constantly need to refuel the tank, leading to energy slumps, lethargy and hunger pangs.

The problem is sugar is everywhere, even many fruits contain a great deal of sugar and although a better choice than a chocolate bar it's still sugar and can still have negative effects. Foods high on the glycaemic index (G.I is a scale of how quickly a food type raises blood glucose levels) like white potato and rice have a similar effect as refined sugar, although coming from a natural food.

Bottom line all carbohydrate, refined or natural is all sugar once in the system.

2 – EAT REAL FOOD

This is the basic principle of a healthy diet, your food intake should come from real food sources based on good quality meats, fish, eggs, vegetables, nuts, seeds and dairy if tolerated.

Real food means food that has little to no processing to produce it. If it grows from the ground, walks on legs or swims your probably on the right track. Real food shouldn't really have an ingredient list other than what it is, for example a piece of steak should say beef.

Our bodies evolved to eat this kind of food, it nourishes and sustains us. Processed, refined foods are nutrient poor and don't help our bodies thrive and be healthy. In fact, we are seeing the detrimental effects of this way off eating all around us every day.



3 – DON'T BE AFRAID OF NATURALLY OCCURRING FATS.

We live in a fat phobic society; we have been told to avoid fat as much as possible if we want to be healthy but it is a much bigger picture. The kind of fat you eat is much more important than how much of it you consume.

The fats you want to avoid are processed vegetable oils, rapeseed and canola oil etc. They go through lots of process to make them including high heat and bleaching agents, they have many negative effects on the system but unfortunately, we are told these are healthier.

Fats that occur naturally are a different thing, the fat found in meat, eggs, nuts, avocado, olives and dairy products are good for your body, they contain nutrients, keep you full and makes food taste good.



4- CONSIDER SKIPPING MEALS FROM TIME TO TIME

Much of the mainstream advice advocates eating at regular intervals throughout the day to maintain energy. This makes sense when in context of a high sugar and carbohydrate diet as you constantly need to fuel, as glucose is used up quickly.

However, when you make the transition to a more fat, protein and low sugar based diet you allow your metabolism to switch to a much more stable energy source. This can allow you to go without a meal without the hunger pangs kicking in.

Your body has evolved to not have to eat all the time, our hunter gatherer ancestors would go for long periods of time without eating, but modern world means we have food coming at all times.

Skipping meals or fasting has many benefits, including blood sugar regulation, cellular repair and weight control.



5 – REMOVE DAIRY FOR A SHORT PERIOD OF TIME.

Dairy can be a good source of nutrition assuming you can tolerate it. Dairy contains Lactose so if you are lactose intolerant it can give you lots of issues from digestive problems, bad skin or achy joints.

Sometimes people can be living with symptoms, just thinking its normal. This is why I recommend removing dairy for at least 3 weeks. In this time, you may not notice any change but at 4 weeks when we reintroduce some dairy, you may notice some old issues happening. At this point you need to decide if you're going to eat dairy or not.

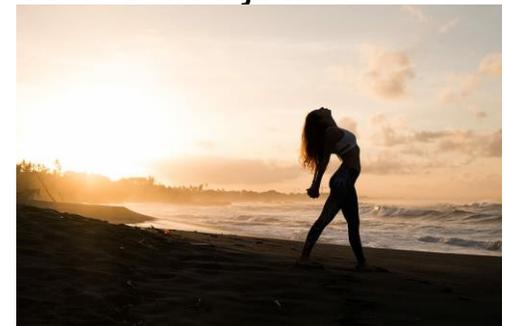


6 – MOVE REGULARLY

The general thought process of exercise is that it has to be done in the gym or be some kind of endurance-based activity like running or cycling. These can be great if you enjoy them, have the time or you don't get injured.

A good mix of resistance, cardiovascular and mobility routines can all help to keep you strong, fit and mobile but small bouts of regular movement throughout the day are just as important. Many of us spend hours slumped over a computer without moving, so try and incorporate some way of reminding yourself to get up at least every half hour, walk around the office while making calls, do a few squats to get the blood flowing again. Have walking meetings, ideally out in the fresh air.

As simple as these things are they all add up, if you're doing other things then great keep it up but still try and move more. If you're not going to do any form of structured exercise just by adding in small chunks of movement throughout the day can all help.



7 – DO SOME MORE INTENSE EXERCISE THAT GETS YOUR HEART RATE UP

This follows on nicely from the last point but comes with a word of caution. If you haven't done any form of exercise for a while, or have any underlying conditions then you should approach this slowly and ideally get some base line fitness activities (and advice) first, however higher intensity work for short periods of time are really beneficial.

Most high intensity work comes in the form of activities like sprints, either running or cycling, but can be anything that gets your heart rate up. Walking quickly up and down the stairs a few times, fast skipping or some body weight exercises like mountain climbers or burpees it's not the movement you're doing but the intensity you do at.

High intensity exercise helps blood sugar regulation, insulin sensitivity, muscle growth it also doesn't take up much time so is easy to fit into a busy schedule.



8- DO SOME RESISTANCE TRAINING.

Resistance training can be done with weights, kettle bells or even body weight. It doesn't have to be huge weights but it does have to be enough to stimulate muscle tissue. We don't have to think that we are body builders either, its about maintaining the muscles we have, getting stronger and keeping that strength to help you go about your life.

Full body functional exercises not only helps with overall strength, but they also should have real world crossover, movements that actually emulate movements you do every day. Being able to bicep curl 20kg doesn't help you unload your car of heavy boxes.

Resistance exercise promotes muscle growth, strength, and endurance but also strengthens connective tissue and improves bone density as well as helping you look good.



9 – GET SOME NATURAL LIGHT

Getting out doors in natural sunlight is hugely beneficial for you, it's especially important for vitamin D synthesis and also helps your mood, strengthens your immune system and helps maintain strong bones.

Now you don't have to sunbath, we all know the potential dangers of too much sun exposure but just 15 – 20 minutes of sun on your skin can be great. Obviously, we all have a different tolerance to the sun so be sensible you shouldn't be burning.

Most people are indoors for a large part of the day so try and schedule a small window where you get some sun ideally 1st thing in the morning.



10 – GET OUT IN NATURE.

Following on nicely from getting natural sunlight is getting out in nature. Taking a walk through the woods, in the hills or along the beach has so many positives. Not only natural light, but fresh air and mood enhancing effects, reducing stress or anger, being more relaxed and being able to switch off from the modern world.

It doesn't matter where you prefer to go but try and get some nature daily, stare into the distance and take stock of everything around you that your missing, think through your worries and let them go, most importantly take a deep breath.



SUMMARY

These 10 tips are just the beginning, when we delve deeper, we can start to see how all these ideas merge into the complete package complementing each other, linking together to help make you happier and healthier for the long term.

There are no such things as a quick fix or magic pill, you should think long term, it's a lifestyle change not a fad. You don't need to do them all at once, take one at a time, create the good habit then add another level as you feel ready.

I hope that you can take these ideas onboard and that they help you in your goals but if you need some more help and support get in touch via the website primalnf.com.

Speak to you soon