



The Paleo Diet For Improved Athletic Performance

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5 Comments

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The Paleo diet has been associated with extensive controversy and drama over the past decade due to the confounding research and opinions of authors, doctors and athletes. As an orthopedic surgeon and fitness expert, it is appropriate that I share my findings and correlated associations that I have noted with patients and athletes who use the Paleo diet. I will also discuss my personal success regarding the use and advocacy of the Paleo diet.

The basics of the Paleo diet are quite simple. Eat clean and eat well. The Paleo diet recommends eating a diet that is based on the Paleolithic Age, when food was hunted, gathered and foraged by our ancestors. They did not forage for pastries, donuts and potato chips but rather for the true unadulterated fruits of the earth and sea. Their diet consisted of foods that were non-processed, dye-free, hormone-free, and nutrient rich. Their food sources were free-range, vitamin rich and life giving. The Paleo food groups consist of the following:

- Lean meats
- Nuts/seeds
- Seafood
- Vegetables
- Healthy Fats

This way of eating is naturally devoid of high concentrations of sugar, salt, dyes, dairy, preservatives, gluten and grains. Because these foods have rich nutrients, phytochemicals and mineral profiles, they can increase the body's ability to become stronger, healthier and more ready to express improved physiologic and athletic performance. These fresh food groups are better for our bodies because of their ability to provide antioxidants, energy and the potential to improve the immune system, decrease inflammation (especially gastric), improve digestion, restore natural gastric flora, improve metabolic panels and cognitive function. The Paleo diet substantially reduces the intake of processed foods, sugar, salt, refined foods, saturated/trans fats, and white flour.

Diets that have high amounts of sugar/salt-filled, low quality, nutrient deficient, highly processed fatty foods can be associated with diseases such as diabetes, obesity, cardiovascular disease, certain types of cancer and digestive/bowel disorders. The Paleo diet can help to improve your energy and health by providing you with highly nutritious, life giving foods.

With respect to athletic performance, eating fresh, nutrient and mineral rich foods can assist with quicker recovery during training as well as after an athletic competition. Essentially, the nutritional components of the Paleo diet provides energy and muscle building for the body, along with the potential to strengthen the immune system and improve overall energy and well-being.

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