

CAVEMAN CURE

Caveman Lifestyle

The caveman cure is a way of selecting lifestyle choices that will allow your body and life experience to resume a natural balance and state. In our natural state, our bodies should be self healing and self regulating. Great health and vitality is our natural state. Illness and lack of vitality are simply signs that our body is attempting to adapt to some stressor it is being exposed to from our environment. That can simply be boiled down to two categories: our body is not getting something it needs or it is getting something it doesn't need. Simply put, toxicity and deficiency. Virtually every illness, disease, and poor mental state can be traced back to a toxicity or deficiency. The only real exception would be traumas or the very rare genetic defects (less than 0.10% of the population). If we make sure our body gets all that it needs and is free from things it doesn't need, then it will resume its natural state of balance and great health. This side is called sufficiency and purity.

So, in order to restore one's health and vitality, we simply need to supply the body with all the raw materials that it requires and then begin to cut out and avoid things that are toxic. How do we know all the things that would do that? Well, the truthful answer is, we don't. But, don't despair. Success leaves clues! All we need to do is find an example of a population that had done it successfully. This is what I will call our gold standard. That would be our Paleolithic ancestors or the cavemen. Another example would be one of the three thousand or so, still in existence, hunter-gatherer folks that still live in the wilds. These two groups of folks are virtually free from the modern chronic diseases we are all at risk to develop-cancer, heart disease, diabetes, etc.. One of the first "buts" I have when I present this concept is that the caveman didn't live long enough to develop these diseases. Well, here is the funny thing about statistics. They don't always tell the real story. True, the lifespan of the hunter-gatherer or caveman was shorter, but many lived well into their 60's and were illness and disease free. In fact, anthropologists tell us that they had the physical stature of today's Olympic athlete. So, why was the "average" life span so short? The first is the fact that infant mortality was so high. The second was that life was harsh. The cave man was susceptible to trauma, exposure, starvation, and being eaten by other animals.

So you say I get it, but I'm not going to sell all my worldly possessions and go live out in the woods. The good news is, you don't have to. All you need to do is begin to model the caveman lifestyle patterns on how they ate, their activity levels, and thought patterns. More simply put, how they eat, move and think.

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Caveman Diet

The caveman diet is a lot easier than you think. In fact, I really don't consider it a diet at all. It simply is the way we have been genetically programmed to eat. We have evolved to our modern

form over the past 2.5 million years. Things did not start to go haywire until the advent of agriculture. About 10,000 years ago, the Egyptians got the credit for cultivating wild wheat and thus, the birth of agriculture. This eventually led to dairy production about 3,000 years later. This was great for society because it is what allowed us to expand as a species. It provided a dependable food source. But with it was the development of some of the chronic diseases that had been otherwise unseen in our species until that point. The credit for these diseases was due to the introduction of two foreign proteins—one from grains, and the other from dairy. These foreign proteins are the source of most food stress in our bodies. In the caveman fitness section I will discuss how the industrial revolution had a big impact on our caloric intake vs. our caloric expenditure. So, the caveman diet is very simple. Eat what comes from nature in the form nature provided it. Avoid or greatly reduce anything made with grains—wheat, barley, rice, corn, oats. Even whole grains! Reduce or eliminate all dairy such as milk, yogurt, ice-cream, cheese. The only vegetables you need to stay away from are ones in the starchy category such as potatoes, yams, sweet potatoes.

Caveman Diet Tips

- Shop on the outside walls of the grocery store
- If it has a label on it with more than one ingredient on it, it probably is not good for you
- The quicker it can spoil on you the better
- Eat more foods that don't come in a package
- Avoid most sauces, marinades, and condiments; they are full of sugar and salt
- Sorry French fries don't count as a vegetable
- Avoid fatty meats such as bacon, sausage, rib-eye, chicken wings, ribs
- Do use herbs and non-salt basic spices to season
- Eat full color spectrum of fruits and vegetables

Foods to Eat		Foods to Avoid or Restrict
Organic certified, local grown, fresh, eat as much fruit & vegetables as possible. Free range, grass fed, wild meats & fish	<- General Rules ->	Commercial grown, farm raised, trucked long distance, grown in foreign country -> don't have the same laws on use of unsafe chemicals
Fresh fruits, especially dark colored berries	<- Fruits ->	Strawberries - soak up a lot of fungicides & pesticides
Any fresh vegetables	<- Vegetables ->	Starchy vegetables like potatoes, yams, sweet potatoes
Lean meats like chicken breast, sirloin, pork loin and tenderloin, New York strip, any free range wild game meats	<- Meats ->	Fatty cuts of meat such as ribs, dark chicken meat, liver, rib-eye, chuck roast, bacon, sausage
Wild salmon, tuna, mackerel,	<- Seafood ->	Limit intake of fish to once a week due to

sardines, herring, flounder, Mahi Mah	>	mercury contamination. Avoid all farm raised
Coconut flour if you must have baked goods	<- Grains & Flours ->	Avoid or severely restrict all foods with cereal grains, even in whole forms such as rice, wheat, corn, oats, barley. Yes, that means all breads, pastas, cereals
Small amounts of pure maple syrup, raw organic honey, agave, nector, zylitol, raw organic cane sugar if you must	<- Sweeteners ->	Absolutely do not consume any artificial sweeteners such as Splenda, Equal, NutriSweet, Stevia, high fructose corn syrup
Canola, olive, coconut (the best), walnut oils	<- Oil & Fats ->	Vegetable, corn, sunflower oil, lard, any trans fats, margarine, hydrogenated oils; vegetable shortening
Eggs- up to 6 per week P.S. Eggs are not dairy. Ever see a cow lay an egg?	<- Dairy ->	Dairy Products such as milk, cheese, yogurt, ice cream

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CAVEMAN FITNESS

One of the major critical turns that had a negative impact on our health was the industrial revolution. As we began to use machines, our workload greatly decreased. The caveman movement patterns meant that their days were spent hunting for food, providing shelter, and searching for water. Anthropologists tell us that the daily average energy expenditure of the cave man would be equivalent to the energy it would take to briskly walk 12 miles yes, per day.

So now we have this constant food source and our energy expenditure is steadily decreasing. Put another way, we have excess calorie intake with low energy out put. If you track the increase of heart disease, cancer and diabetes, you will see a direct relationship as we became more of a mechanical society. This has become dramatically worse in the past 30 years, as we have become more of a technological society resulting in even less energy expenditure. Our sedentary time has increased significantly but we are consuming more calories.

Experts widely agree that our genes have not changed significantly in the past 40,000 years, so the increase in these chronic illnesses and diseases cannot, I repeat, cannot be blamed on bad genes. What we have is a large disconnect in the amount of calories we consume vs. the amount of energy we expend. Our cells, meaning every cell in our body, expect and require movement to function properly. There are literally thousands of studies that have shown that the chance of getting almost any serious disease or illness is dramatically reduced if you move and exercise your body on a regular daily basis. One example is depression. In fact, exercise has been shown to be far more effective in reducing depression symptoms, with fewer side effects, than any other

prescription medicine on the market. For those of you on antidepressants, has your MD told you to start an exercise program? With that being said, exercise should not be looked at as a therapy or a method to lose weight. Exercise should be viewed as a way to create natural health by stimulating normal cell function. When we have a normal cell function, our bodies are closer to being naturally healthy, self regulating, and self healing

Cave Man Fitness Keys and Tips

- * Exercise with weights or resistance three times per week
- * Do aerobic or cardiovascular training the other three days per week
- * On the seventh day, do a fun recreational activity
- * Find every opportunity to walk. Like parking far way from your destination and taking the stairs
- * If your day is spent sitting, get up frequently, or better yet, set up a standing work station
- * If you have a spouse and or kids, get them involved
- * Begin a hobby in an action, movement, or sporting activity
- * Join a local gym or rec center
- * Spend your lunch time walking or, better yet, working out
- * Plan your life around your exercise
- * View exercise or motion activity as a must do like brushing your teeth
- * Buy a pedometer and take a minimum of 10,000 steps per day

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CAVEMAN PSYCHOLOGY

Our minds were built to survive, happiness or not, in a time that has long since disappeared, but now they're miserable. At least, a lot of them are, and it's not because they don't think positively. It's because they don't think properly. It is my contention that the fundamental source of frustration, depression, despair, and general unhappiness that pervades society is the clash between the caveman mind and the modern world. Far from hopeless, this is a manageable problem, but it requires a new approach to mental health. We must dispense with the platitudes of optimism that dominate the "happiness" market and set a course to understanding the caveman within us. Only then can we determine what it takes to make ourselves happy, regardless of our environment.

When left unchecked, our ancient minds work against us in our quest for peace, contentment, and happiness in life. On its face, this seems like reason to lament. However, it is actually somewhat comforting that the problem is shared among all of us grappling with life in a supremely prosperous world. As individuals, we need no longer feel inadequate because we are unable to marshal the optimism and positive outlook that are demanded by modern happiness gurus. Their solutions address the symptoms, not the disease, which is why they sound great, but rarely work over the long haul. Genetic problems require different solutions. This, too, is a source of comfort.

Our species has a long and distinguished track record of outmaneuvering its genes. Birth control, sky diving, monogamy, the rule of law, capitalism, and gene therapy are all examples of mankind's overruling genetic imperatives in favor of the conscious desires of human beings. Happiness need not be out of bounds. We need only grasp what we're truly up against to begin to put unhappiness behind us for good.

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