

The Paleo Primer A Second Helping Fitter Happier Healthier

A couple weeks ago i wrote an article called fodmaps: could common foods be harming your digestive health? i described how certain classes of foods, known as fodmaps, are poorly digested in certain people and can lead to gas, bloating, pain and changes in stool frequency and consistency. studies have shown that conditions like irritable bowel syndrome (ibs) are associated with fodmap want to do something cool in 2018? one of the best ways to leverage your spare time in the upcoming year is to learn a new skill. just think about the most successful people in the world. those who consistently succeed are those who are best at learning new skills. successful people make the i'm preparing for my talk at the upcoming wise traditions conference in santa clara, ca on november 10th. i'll speaking on the "gut-brain-skin axis", a fascinating topic that i've been exploring for some time. i hope some of you will be able to come to the conference, but i thought i'd share a little slice of my research here for those of you who can't. port manteaux churns out silly new words when you feed it an idea or two. enter a word (or two) above and you'll get back a bunch of portmanteaux created by jamming together words that are conceptually related to your inputs.. for example, enter "giraffe" and you'll get back words like "gazellephant" and "gorilldebeest" e nutrients you need (with nothing you don't) no meat athlete has helped develop complement™, the perfect nutrient formula for plant-based athletes. complement brings together, in one place, the three essential nutrients that are missing from a reasonably diverse, whole food plant-based diet: there are many studies that show that babies are optimally seeded through a vaginal birth vs. a c section. actually, a cesarean is actually associated with being seeded with a lot of pathogenic bacteria that is present in hospitals.

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