



The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease

By Akil Palanisamy

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A groundbreaking total-body program that incorporates principles of Paleo nutrition, Ayurvedic medicine, and cutting-edge research.

In *The Paleovedic Diet*, Dr. Akil Palanisamy, MD, offers a comprehensive roadmap to optimal health combining the most effective aspects of the Paleo diet with Ayurveda, the time-tested traditional medical system of India, and the latest scientific research. Making complex ideas understandable and accessible, Dr. Akil delivers a simple, customized diet and lifestyle program to fit your unique body type.

Drawing upon on his extensive training and clinical experience, Dr. Akil skillfully separates fact from fiction, providing clarity on issues such as gluten sensitivity, misconceptions about carbs, meat-eating versus vegetarianism, good and bad fats, unknown superfoods (you'll be surprised to see what's included), nutritional supplements, and the critically important gut bacteria comprising your microbiome.

The Paleovedic Diet provides definitive, practical guidance on what to eat, how to move, how to sleep, how to manage stress, and even how to breathe. Dr. Akil's revolutionary three-week program (with meal plan and recipes) utilizes delicious nourishing foods, powerful healing spices, and intensive detoxification techniques to help you transform your body and mind.

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Editorial Review

Review

"Palanisamy, a Harvard-trained physician who uses holistic methods, bases this fitness guide on the tenets of the popular paleo diet (fruits, vegetables, lean meats, healthy fats, etc.) but also incorporates the ancient Indian system of ayurveda. Presenting ayurveda as a framework for customizing the paleo diet to individual body types, he includes a quiz to help readers determine whether they need vata (movement energy), pitta (metabolic energy), or kapha (strength-providing force). The author shares his own struggles as a former vegetarian who experienced dramatic improvements with his numerous health issues when he began consuming broth, meats, and eggs. Palanisamy covers familiar topics such as carbs, gluten, fats, and protein, but takes his text into less traveled territory with a chapter on 12 spices he identifies as having particularly powerful healing qualities. Noting that paleo doesn't emphasize medicinal spices, Palanisamy offers cooking tips about using spices to enhance health (e.g. adding turmeric to rice and soups), as well as a thorough discussion of gut health (according to ayurveda, all disease originates in the gut), a detox program, and recipes. **Palanisamy, a personable and knowledgeable writer, clarifies paleo, demystifies ayurveda, and provides readers with practical methods for customizing the diet to create a compatible body-type fit.**"
—*Publisher's Weekly*

"This compelling combination of the principles of Ayurveda with the diet of our hunter-gatherer ancestors explains how various spices lessen the toxic effects of inflammation-inducing foods. While fascinating, the book may be a bit heavy for casual readers." —*Library Journal*

"Integrative medicine expert Dr. Akil Palanisamy makes both timeless knowledge and leading-edge research accessible in this groundbreaking and timely book. The Paleovegic Diet is rich with useful information on such diverse issues as gluten sensitivity, the human microbiome, detoxification in modern times and the rise of autoimmune disease. *The Paleovegic Diet* is a must-read for anyone serious about achieving optimal health and vitality." —Andrew Weil, M.D., world-renowned integrative medicine physician and bestselling author

"*The Paleovegic Diet* represents the best of integrative medicine, combining ancient wisdom with modern science and functional medicine to create a definitive roadmap to health. In an engaging and easy to read style, Dr. Akil presents the most up-to-date, evidence-based health information available today. He sheds light on topics such as optimal nutrition, the 100 trillion bacteria that make up your microbiome, the best way to exercise, and powerful detox practices. He reveals the hidden healing powers of spices and shows you how to use Ayurveda to customize a diet that's best for you. *The Paleovegic Diet* can help you lose weight, increase energy, and reverse disease." —Mark Hyman, MD, eight-time #1 *New York Times*–bestselling author and functional medicine expert

"Dr. Akil deftly weaves the ancient wisdom of Ayurveda together with the principles of a nutrient-dense, Paleolithic diet to create a practical, individualized approach to wellness. If you've been looking for a way of eating and living that is tailored especially for your body and mind, this book is for you." —Chris Kresser, LAc, *New York Times*–bestselling author of *The Paleo Cure*

"In *The Paleovegic Diet*, Dr. Akil integrates his extensive clinical experience, the latest scientific research, and the most effective aspects of the Paleo diet with Ayurveda, the time-tested traditional medical system of

India. He has created an enlightening, customizable, and easily actionable roadmap to optimal health that will open your eyes. The Paleovedic Diet has changed my approach to healthy living—and it'll change yours, too.” —Michelle Tam, *New York Times*–bestselling author of *Nom Nom Paleo: Food For Humans*

“*The Paleovedic Diet* is a powerful synthesis of the healing wisdom of a thousand years of ancient medicine and the precision and clear thinking of the best of scientific method. In elegant and easily accessible language, Dr. Akil Palanisamy makes available to us a wealth of previously unknown information about ourselves and the resolution of our most common problems. It is impossible to read this book without finding something in it that will heal you. A brilliant contribution to the health of every one of us.” —Rachel Naomi Remen, MD

“If you have been increasingly confused about what to eat, this is the book for you! Dr. Akil provides a sage and easy to follow middle way that blends the best of medical science with the wisdom of ancestral traditions.” —Victoria Maizes, MD, Executive Director, Arizona Center for Integrative Medicine

“Long before Evolution via Natural Selection became the dominant paradigm of biology, traditional cultures developed sophisticated systems for understanding nature and human health. In India this system is called Ayurveda, which means 'knowledge of life.' In *The Paleovedic Diet*, Dr. Akil has integrated our original human diet (Paleo) with the insights of Ayurveda to offer a framework whereby we may optimize our nutrition and lifestyle.” —Robb Wolf, *New York Times*–bestselling author of *The Paleo Solution*

“Dr. Akil has beautifully blended the ancient, timeless wisdom of Ayurveda and Ayurvedic principles of healing with the light of modern medicine, integrated so that anyone can use it for his or her total healing.” —Vasant Lad, B.A.M.S., internationally recognized Ayurvedic physician, author of *Ayurveda: Science of Self-Healing*

About the Author

Akil Palanisamy, MD, is a Harvard-trained physician who practices integrative medicine, blending his conventional medical expertise with evidence-based holistic approaches, including functional medicine and Ayurveda. He studied biochemistry at Harvard and completed his medical training at the University of California, San Francisco (UCSF) and Stanford University. He is widely known as a dynamic speaker and educator and resides in San Francisco, California.

Sharon Meyer, DipION, CNC a certified nutritionist and helps patients benefit from the substantial research linking nutrition and health. She is an engaging and compassionate person who designs practical, customized approaches to nutrition that are flexible and easily adopted. Though Sharon has studied the culinary arts at a Cordon Bleu School, she is adept at giving people simple ways to eat nutritious foods.

Users Review

From reader reviews:

Thomas Bedwell:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the publication entitled *The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease*. Try to stumble through book *The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease* as your close friend. It means that it can for being your

friend when you experience alone and beside that course make you smarter than before. Yeah, it is very fortunate to suit your needs. The book makes you a lot more confidence because you can know anything by the book. So , let us make new experience along with knowledge with this book.

Rose Sosa:

What do you think about book? It is just for students because they're still students or the item for all people in the world, the actual best subject for that? Only you can be answered for that issue above. Every person has various personality and hobby for every single other. Don't to be forced someone or something that they don't desire do that. You must know how great as well as important the book The Paleovegic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease. All type of book would you see on many resources. You can look for the internet sources or other social media.

Jerry Melgar:

Playing with family in a very park, coming to see the water world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Paleovegic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

Eugene Ruano:

As a college student exactly feel bored to help reading. If their teacher questioned them to go to the library or even make summary for some publication, they are complained. Just little students that has reading's heart and soul or real their interest. They just do what the educator want, like asked to go to the library. They go to generally there but nothing reading very seriously. Any students feel that reading is not important, boring as well as can't see colorful images on there. Yeah, it is to be complicated. Book is very important for you. As we know that on this age, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this The Paleovegic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease can make you feel more interested to read.

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