

# Der Paleo-Lebensstil

## Human leben und essen



Paleo ist der Name eines ganzheitlichen Lebensstils, der Ernährung, Bewegung, Erholung und das soziale Umfeld miteinbezieht. Paleo ist keine Diät und auch kein Trend. Wieso wage ich, das zu behaupten? Paleo ist nichts Neues. Die Philosophie hinter diesem Lebensstil ist uralte und trotzdem nicht veraltet.

**E**s gibt nicht nur eine Paleo-Ernährung wie es auch nicht nur ein Volk gab. Ziel der Paleo-Philosophie ist, das Beste aus dem Welten von früher und heute zu vereinen, um bewusst den Lebensstil gesünder und auch humaner zu gestalten, für mehr Lebensfreude und -energie. Keiner der Begründer, wie Dr. Loren Cordain<sup>1</sup> und Staffan Lindberg<sup>2</sup>, und der heute bekannten Paleo-Verfechter will auf die heutigen Annehmlichkeiten oder medizinischen Ernährungseigenschaften ganz verzichten müssen.

Die Paleo-Ernährung gestaltet sich je nach Region unterschiedlich. In Zentral- und Europa wurde gegessen, was wachsen und gedeihen konnte. Heute sind das hiesige Gemüsesorten (Karotten, Salate, Zucchini, Rettich, etc.), Früchte (Äpfel, Birnen, Beeren, Trauben etc.), Nüsse (Haselnuss, Walnuss etc.) und Samen (Sonnenblumenkerne, Kürbiskerne etc.). In einem tropischen oder asiatischen Land sind das wiederum andere Gemüse, Früchte und Samen.

Bei den tierischen Produkten ist es dasselbe: Auf der Speisekarte des Menschen stehen seit jeher wilde Tiere wie Rehe, Wildschweine und Fische. Früher wurden die ganzen Tiere von der Zunge bis zum Schwanz gegessen. Vor allem in den Intereien der artgerecht gehaltenen Tiere sind wertvolle Nährstoffe enthalten.

Der Paleo-Ernährung wird auch oft nachgesagt, dass sie teuer sei. Kaufen wir aber direkt auf dem Bio-Bauernhof ein, wo die Kinder auf der Weide

### INFO BOX

**„Hardcore Paleo“  
nach Dr. Loren Cordain:**

Kein Getreide, keine Hülsenfrüchte und keine Milchprodukte. Keine industriell hergestellten Nahrungsmittel oder künstlichen Zusatzstoffe.

**Primal/Paleo-Lebensstil nach Mark Sisson, Robb Wolf, Chris Kresser, Dr. Dale Shanahan u.a.m.:**

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# Die Paleo Di T Reloaded Einf Hrung Paleo Lebensstil Ebook

**Anne Wilson**



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