

HEALTHY  
*primal*  
LIVING

DISCOVER HOW TO LIVE AND EAT  
LIKE A CAVEMAN TO BECOME  
HEALTHIER AND CHANGE YOUR LIFE...



## Healthy Primal Living Resource Sheet

Starting to live more healthily and more naturally is something that sounds very appealing but that won't necessarily be easy right away. For all we're designed to live in a natural environment, most of us have spent all our lives being domesticated and getting into bad habits.

What I'm basically saying is that you may need a little help to kick those habits and get back to your roots. Here are some resources that will help you do that.

### **Diet**

*The Beginner's Guide to the Paleo Diet*

<http://www.nerdfitness.com/blog/2010/10/04/the-beginners-guide-to-the-paleo-diet/>

This is a very good guide to the Paleo diet, available on Nerd Fitness.com. The site explains all the basics and answers quite a few questions, all illustrated by some charming Lego figurines.

*The Slow Carb Diet*

<http://fourhourworkweek.com/category/the-slow-carb-diet/>

Similar to the Paleo diet but with a few key differences is 'The Slow Carb Diet'. Tim Ferriss is one of the biggest proponents of this diet, so check out his advice on the matter here.

*How to Win an Argument About Nutrition*

<http://authoritynutrition.com/how-to-win-an-argument-with-a-nutritionist/>

More primal and natural eating is now backed up by science. You might have a little trouble getting the old-school 'low fat' crowd on board with that though – so check out this guide to some of the best science to help back you up.

*Primal Blueprint Recipes*

<http://www.marksdailyapple.com/primal-paleo-recipes/>

Mark's Daily Apple is one of the leading online authorities on primal living and the Paleo diet. You can find a bunch of great recipes here and I also advise you to take a look around the rest of the site.

*The Not-So Ugly Truth About Gluten*

<https://www.t-nation.com/diet-fat-loss/not-so-ugly-truth-about-gluten>

But don't get too carried away. Bread is fine – and this article explains why in detail.

*The Definitive Guide to Dairy*

<http://www.marksdailyapple.com/dairy-intolerance/>

And so too is dairy – even Mark says so.

## **Exercise**

MovNat

[www.movnat.com](http://www.movnat.com)

MovNat is the movement that is encouraging us to get outside and start training in nature. You can visit the website for some very inspiring videos and information.

Also check out the YouTube channel here: <https://www.youtube.com/user/MovNat>.

*How to Run With Perfect Form Like the Tarahumara Tribe*

<http://www.thebioneer.com/run-perfect-form-like-tarahumara-tribe-posture-breathing-footstrike-explained/>

This is an in-depth guide to running with perfect form like a tribe that's known for running hundreds of miles at a time.

*Getting Outside the Box: The Definition of Functional Strength*

<http://breakingmuscle.com/strength-conditioning/getting-outside-the-box-the-definition-of-functional-strength>

This is an excellent explanation of what 'functional strength' really means and how you can start applying it to your own training to be healthier and tougher.

## **Books and Tools**

*Born to Run*

An excellent book on how we were born to run and why most of us are doing it wrong!

*Rise of Superman: Decoding the Science of Ultimate Human Performance*

A book detailing 'flow states' – a state where we are naturally more in-tune with our surroundings and less 'in our heads'.

*Lumie Starter 30*

A good 'starter level' daylight lamp that will gradually wake you with natural-feeling light. This is *far* preferable to being startled awake by a blaring alarm while you're lying in a dark room!