Paleo-content

20

**Subject** – Three Reason Paleo Isn’t Working for You

Hi civilized cavemen!

So many weeks have gone by and our bond is just growing stronger by the day. Many of our readers are now starting to share their paleo lifestyle experience and stories with us. It is almost overwhelming to read about them. While we discover many encouraging tales, we also receive some of the stories that aren’t particularly happy.

We understand that not everyone is going to get it right in a snap. It is a change that you will gradually settle in with. There are many obstacles you will have to face and there are many mistakes you will make. It is best to know what you are doing wrong and correct it before you lose hope.

So, here we are with three major reasons paleo lifestyle may not be proving itself for you.

* **You are Too Careful with the Carbs** – Carbs aren’t considered a healthy nutrient in general but it is essential to for your health. Going grain-free can rob you of your carb intake. Make sure yoru are eating enough starchy vegetables and fruits.
* **You are Not Taking Enough Calcium** – Paleo diet is generally dairy free diet. While it has its pro, it also has a downside as it doesn’t provide enough calcium. You need to replace your dairy calcium sources with greener calcium sources such as kale and spinach.
* **You Are Too Generous with the Nuts –** Nuts are legit members of the paleo menu but remember, they are only snacks. Don’t go too generous on nuts and seed as they contain insoluble fiber and omega 6 fats along with the healthier things.

We will return with more dos and don’ts in the future. Until then, take care and stay strong.

Thanks