Paleo-content

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**Subject –** Can You Go Paleo with Your Allergies?

Hello again,

As paleo experts, we recently got a chance to help a client who happens to have an allergy to nuts. Since nuts are an important part of paleo diet, it is only natural to assume that our ancestors’ food is not suitable for people with relatively modern day health issues. As we proved to our client, there can’t be an assumption more wrong than that.

So, how does the ancient diet answer the allergy issues?

Let’s start with the nuts first. After gluten intolerance, it is perhaps the most common types of allergies. Various people are allergic to different nuts such as peanuts, almonds, walnuts, and even coconut. There are some cases where people are allergic to every kind of nut. So, can their their paleo platter complete without the nuts?

The answer is ‘indeed’.

Taking nuts out of your paleo menu is like taking your evening snack out of your daily diet. Nuts are healthy but their nutritional value is limited. They are more like the support group that helps you curb your cravings between the meals. Most recipes that actually require nuts can very well be made without the nuts.

Then there is a group that is allergic to any of the vegetable or fruits. Even in that case, you can easily replace the one you are allergic to, with one you are not. Just make sure you are getting the right amount of your daily nutrients. If not, try using supplements recommended by an expert.

Good luck with your paleo plans!

Take good care.

Bye