Paleo-content

6

**Subject:** Don’t Let the Myths Keep You Away from Paleo

Hey,

Over the past few weeks, we have enjoyed a wonderful journey together. We have shared a lot about Paleo food and recipes. While our major concern is to help people safely and properly switch to paleo lifestyle, we are also concerned about making them feel safe and comfortable with their decision.

Now, we know there may still be readers who are skeptical regardless of all we have said and discussed in the past few emails. And why not! With so many myths flying around, it is only human to be a little doubtful.

So, we have decided to dedicate today’s letter to the myth busting ritual. For that, we have selected five major myths that are completely false and unsupported.

Here you go.

* **Paleolithic humans died before 30**

Living unsheltered amongst larger and wilder beasts than what we have now, it’s a miracle they survived that long. However, that is not true at all. Paleolithic ancestors had almost the same life expectancy as us.

* **Paleo involves raw meat**

Wrong! Paleo involves unprocessed meat but in no way does that mean it’s completely raw off the bone meat.

* **Paleo is excess proteins**

Given that proteins are building blocks of our body, who wouldn’t want that. Yet, a professional dietician can always help you maintain the right balance.

* **Paleo Lacks Calcium**

What if it is a little low on dairy products? You can get enough calcium from Kale, Spinach, Salmon, Sardines, olives, dates, and nuts.

* **Paleo prohibits ‘pleasure’ food**

Speaking of chocolate and alcohol? You will be surprised by how chocolate and beer are completely a part of paleo diet.

And that is something we plan to discuss later in one of our future emails.

So, stay tuned for more authentic and encouraging information paleo lifestyle.

Thank You,

Regards