

A Simple Palaeo Diet

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For your Inside

Food you can eat

- **Raw Fruits**; eat fresh, local, seasonal, ripe fruits, 600g per day is plenty. It is best to get fruits from your local farmers market.
- **Sugar**; eat about 100-120g per day. Try and get all your sugars from fruit, but if this is not possible top up your sugar intake with honey and unrefined sugars. Do not exceed 120g/day unless your body 'hits the wall' when exercising, OR cannot keep warm in cold weather. Minimizing sugar keeps your body in '**maximum fat burning mode**', which is the most efficient way for her to operate, and gives a much better performance.
- **Raw nuts & seeds**; supply fat, protein, phosphorous, other minerals, and vitamin E. Small oil seeds are best eaten as butters and oils (tahini, sesame oil, sunflower oil, flaxseed oil, hemp oil).
- **Dairy foods**; milk kefir (snow lotus), kefir cheeses, well fermented aged cheeses, and cold-processed clarified butter.
- **Vitamins**; if fresh fruit, fermented veggies, milk kefir, & kefir beer, are not available you will need to eat a Vitamin C supplement and a Vitamin B supplement daily. Eat a Vitamin D supplement once or twice a week when the sun disappears in winter, OR if you live indoors. Also eat sufficient Vitamin E in nuts, seeds & oils.
- **Raw proteins**; eat at least 30g first class raw protein each day to repair your body. You can eat more than this as excess proteins are turned into sugars and fats by the liver.
- **Herbs & spices**; eat the bitter taste (teas & green herbs), and pungent taste (ginger & other spices) in warm, still & humid weather. Reduce or eliminate them in cold, dry & windy weather.
- **Fermented vegetables**; these are only necessary when fresh fruit is not available (cold temperate winters). Make sauerkraut & kimchi yourself. They should be sour & salty and contain NO bitter vegetables or pungent spices.

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- *Fermented meats & seafood*; these are only necessary in very cold climates when fruits & fermented vegetables are not available.
- *Macro-minerals*; are sodium, potassium, & phosphorous. Eat large amounts of sodium in dry weather, and smaller amounts in humid weather. Eat large amounts of phosphorous in cold weather, and smaller amounts in hot weather. Nuts & seeds are the best sources of phosphorous. Saline solution can provide sodium. Clear meat & fish soups with added salt provide sodium, calcium, potassium & phosphorous. Fruits, dairy & veggies contain potassium.
- *Micro-minerals*; you MUST eat these special foods to supply small quantities of these vital minerals. A selection from milk kefir, kefir cheeses, aged cheeses, kefir beer, raw liver, raw seafood, & seed sprouts, need to be eaten regularly. Iodized salt is essential and fluorine supplements may be needed too.
- *Fats & Oils*; eat a minimum of about 50g of raw fat per day, more if it is cold, and more if you are active. Essential are Omega3 fats (~2g/day) and Omega6 fats (~6g/day). Nuts & seeds, nut & seed oils, dairy fats, egg yolks, avocados, coconut cream, are preferred, but other oils (e.g. soy bean, peanut) are acceptable.

Food you should NOT eat

- *Cooked foods*; only exceptions are aged cheeses, milk kefir made from pasteurized milks, and clear soups.
- *Starch & inulin*; no cereals, legumes, starchy seeds, starch & inulin containing vegetables, or unripe fruit.
- *Peanuts*; ban these legumes as the proteins can make you ill when eating Palaeo. You may eat peanut oil though.
- *Ground hemp & flax seeds*; these can damage your digestive system, but the oils from these seeds are OK.
- *Dairy*; do not eat milk & yoghurt, or cheeses that have not been fermented for at least a year (e.g. aged cheddar).
- *Alcohol*; except for wines cooked in soups (removes the alcohol).
- *Vinegars*; all sour taste must come from the acids found in fruits and fermented foods (fruit acids, alpha-hydroxy acids, or AHAs). The acetic acid in vinegars is not acceptable as the human digestive system only works correctly when fruit acids are eaten.

Palaeo drinks

- *Bitter teas & coffees*; black tea, green tea, coffee, chocolate, all bitter green herbs. Optionally serve with coconut milk or lemon. Make tea with spices (Chai) in humid weather. *Only small amounts of bitter taste are needed. ELIMINATE bitter in cold, windy & dry weather, and if you are ill.*
- *Chai*; bitter teas with ginger and other warm spices, when hot & humid.
- *Non-bitter Herb Teas*; liquorice, chamomile, ginseng, ginger, peppermint, lemon grass, rooibos (red bush), fennel, aniseed, etc. Drink these teas in all weathers.
- *Fruit Drinks & Teas*; made from juices & dried fruits. Eat hot sour fruit teas in cold, windy & dry weather. In hot weather serve cool fruit drinks.
- *Kefir Drinks*; dilute 50g milk Kefir with cold water in a glass. Deliciously refreshing and sour.
- *Kefir Beer*; brewed from fresh roots from the ginger family, unrefined cane sugar, and water kefir (tibicos).
- *Ginger Drinks & Teas*; in all weathers, but especially when humid.
- *Coconut Drinks/Teas*; 50g coconut cream plus water. Drink cool in hot & dry weather. Drink hot in cold & dry weather.
- *Cup o'Soup*; 100-150mL meat/fish/veggie stock plus salt and hot water.
- *Saline solution*; 8.5g salt in 1 litre of water. Drink saline to maintain hydration when broth is not available, your eyes & nose are dry, and your BMs are small, slow, & hard.

Palaeo strategies

Try to eat local seasonal foods and avoid imported foods unless local food is not available. Adapt your diet to local foods & conditions. Eat only when hungry.

1. *Tropical*; temperatures over 20 C most of the year and frequently over 30 C. Local fruits available all year. Animal foods often contaminated with parasites. Eat mostly fruits, supplemented with parasite free proteins (dairy, egg yolks, nuts, seeds), and nut & seed oils. Eat fermented foods (milk, raw sugars). A lacto-vegetarian diet is possible.
2. *Warm Temperate*; temperatures between 0 and 30C. Local fruit available most of year, but in winter it can be in short supply. Good quality animal foods available. Eat fruits, with protein foods (dairy, eggs, nuts, seeds, meats, seafood), and nut & seed oils. Eat fermented foods (milk, raw sugars).
3. *Cold Temperate*; temperatures between -20 to 30C. Local seasonal fruit available only in summer/autumn. Good quality animal foods available. Eat fruits, with protein foods (dairy, eggs, nuts, seeds, meats, seafood), and nut & seed oils. Eat fermented foods (milk, raw sugars, & vegetables). Fermented vegetables are required only when fruit is not available.
4. *Arctic*; temperatures usually below 20 C and frequently below 0 C. Dry climate. No local fruit, vegetables or dairy available. Good quality high fat animal foods available all year. Eat animal proteins (eggs, meats, organs, seafood) fresh, freeze dried and as broths, and animal fats. Eat fermented foods (meats, fish, seafood and fats) all year. Special animal foods that contain Vitamin C are needed.

Meal examples

1. *Tropical & Warm Temperate Meals*; start with cool non-bitter drinks (coconut, fruit, kefir beer). Then raw fruit, optionally with cheeses, milk kefir (morning & evening), or coconut milk (midday). Optionally eat a meat or fish soup with salt. Then eat raw proteins, additional micro-minerals and a ginger bomb. Then eat extra fat as oil or mayonnaise. Then bitter drinks (as required).

2. *Cold Temperate Meal* (cold & dry); start with warm sweet, sour & salty teas (red bush, peppermint, chamomile, fruit, ginger, milk kefir). Then eat honey/sugars, and raw fermented veggies or vitamin supplements. Then eat a hot clear soup (meat, fish, wine, sauerkraut, kimchi), with plenty of salt. Then eat raw proteins, micro-minerals, and a ginger bomb. Then eat fat as oil or mayonnaise. Then more hot (sweet, sour & salty) drinks.
3. *Arctic Inuit Diet* (very cold & dry); snack on freeze dried fish & meat dipped in seal oil and chew blubber, throughout the day. Also eat fermented meat, fish & blubber (Vitamin Bs). When a seal is killed immediately eat raw liver (vitamins A, B, cholesterol & micro-minerals), the adrenal glands (vitamin C), and other organs. Usually only one hot meal is eaten daily of meat or fish soup, fermented foods, and blubber. Good quantities of water need to be drunk to maintain hydration and expel nitrogen wastes.
4. *Snacks*; drinks | fruits, nuts & seeds | cheeses | raw proteins | micro-mineral foods | fermented vegetables | cup o'soup | ginger bomb.
5. *Start meals*; with non-bitter drinks, then eat fruits/kefir/cheese/coconut milk or raw fermented veggies, then soup, raw proteins & micro-minerals, fats & oils, then bitter teas. Oils must not be eaten first as they will prevent the stomach from releasing digestive chemicals. Bitter teas are eaten last because they depress the appetite. Eat ONLY when you are hungry and wait a few minutes between each course.
6. *Coin Oracle*; learn to use this simple device. It will help you to manage the diet, and give you lessons in Palaeo nutrition.

Fermented vegetables & fruits

These contain lactic acid (fruit acid), and Vitamins C, B & K (but no vitamin B12). Ferment them at 4-15 deg. Centigrade without oxygen.

- *Sauerkraut*; make this yourself as commercial sauerkraut is pasteurized and the vitamin C is destroyed.
- *Fermented fruits*; dill pickles, gherkins, sweet peppers etc.
- *Kimchi*; aged until sour, and made WITHOUT red pepper or other pungent spices.

Fermented animal foods

These fermented foods contain B vitamins & micro-minerals not available in the fresh product, including Vitamin B12 (cobalt). Fermentation conditions are 4 to 8 degrees Centigrade, with oxygen present.

- *Aged beef*; put good beef steak (T-bone, sirloin etc.) on paper towels in a sealed container with plenty of oxygen (air). Keep in the fridge for 1-2 weeks at 4-8 deg. C. Each day take the container out and ventilate with fresh air. Eat thin slices with fish sauce and wasabi.
- *Fermented heart*; cut beef or lambs heart into 50-100g portions and treat as for aged beef. Ferment for one to three months until mould is visible on the outside. This is a bit like blue cheese.
- *Fermented liver*; cut beef or lambs liver into 30g portions and treat as for aged beef. Ferment for one to three months until mould is visible on the outside. Restrict the amount eaten to one piece a day because of the high vitamin A content.

Vitamins

You may need to eat vitamin supplements when foods such as fresh fruit, fermented veggies, fermented meats, milk kefir & kefir beer are not available;

- *Vitamin C*; a minimum of about 100mg per day is required.
- *B vitamins*; eat a small multi B vitamin pill daily.
- *Vitamin D*; if you are unable to expose your skin to the sun, then a small D supplement should be eaten once or twice a week.
- *Vitamin E*; essential fat soluble anti-oxidant. You need 10-15 mg per day.

Dairy foods

Source your dairy from grass-fed animals. Do not drink milk, yoghurt & fresh cheeses as they contain lactose & opioid peptides that will slow you down. Instead turn milk into kefir and kefir cheese. These fermented dairy foods are lactose free and the opioid peptides are gone. So eat only; milk kefir, kefir cheeses, other aged fermented cheeses, and cold-processed clarified butter. They supply sugars, proteins, all vitamins, all fats, & most minerals. Make your own milk kefir, kefir cheese & clarified butter as commercial products are of poor quality. Use raw unheated milk from grass-fed cows/goats for best results. Pasteurized & UHT milks can be used but they have less nutrients in them.

- *Milk Kefir (snow lotus)*; obtain some milk kefir grains and culture them with whole milk. Milk kefir is very sour so you should restrict the amount eaten. In hot weather eat less than 100g daily, but in cold weather you can increase this to as much as 250g. Use the Coin Oracle to regulate the amount you eat. Too much sour taste can cause a headache, dry hands & feet, raised lumps on your skin that do not itch, and a fast digestion. Don't eat supermarket 'kefir', as this is NOT the real thing. [Instructions](#)
- *Kefir cheese*; make milk kefir and ferment well. Press/drain the curd. The curd can be eaten immediately as a fresh cheese, or salted and stored in a refrigerator. The lactic acid is largely gone, so there is no need to restrict the amount eaten.
- *Other cheeses*; these must be well fermented, aged, sharp, & crumbly (e.g. cheddar, parmigiano, gouda, appenzeller etc.). Older than one year is best. I recommend New Zealand 'Mainland' Cheddars; Tasty (1.5 y.o.) | Vintage (2 y.o.) | Epicure (3 y.o.). The long fermentation destroys all opioid peptides, and increases vitamin & available mineral content.
- *Minerals*; milk kefir & kefir cheeses from the milk of grass-fed animals, provide most essential micro-minerals. Aged cheeses from grass fed animals, also provide most micro-minerals.

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- *Cold-processed clarified butter*; roughly chop your butter, and put in a plastic container with a lid. Cover it with boiling water and leave until melted. DO NOT STIR. Refrigerate until solid. Then make a hole in the yellow fat, and pour off the lower aqueous layer through a sieve. Repeat the melting/cooling process two more times. The milk solids are now gone, and there is no damage to Omega3 fats. Store in the refrigerator (or freezer). This fat has superb cooling and balancing properties.

Raw proteins

- *Dairy foods*; from grass-fed animals | milk kefir, kefir cheeses, clarified butter, and other aged cheeses.
- *Egg Yolks*; eat these for protein & fat. Those with IBS-A & D will need them for cholesterol as well. The author finds that free range eggs from a small flock are best. DO NOT eat egg whites, as these are bitter and have little or no food value.
- *Nuts & Seeds*; Supply protein, fats, fat soluble Vitamin E, and minerals (especially phosphorous). See later.
- *Red meat*; from free range animals. Eat up to 100g per day, but if sugars are not being eaten, more will be needed for processing into sugars by the liver. Supplies protein, fat, and iron. If aged/fermented, then the vitamin content increases and micro-minerals become more available.
- *Liver*; from free range animals. This supplies most micro-minerals, vitamins A & B12, as well as protein, fat and cholesterol. At first restrict yourself to 25g per day because of the high Vitamin A content. After a few years Palaeo eating you will be able to increase the amount eaten slightly, as the processing power of your liver will become greater.
- *Oily Fish*; eat up to 100g per day, more if you need the protein for processing into sugar. Supplies protein & Omega 3 fat.
- *Seafood*; freshly dug shellfish, eaten immediately, provide micro-minerals as well as protein, Omega 3 fats & cholesterol. Available micro-minerals come from marine algae in the stomach of the animal, so the whole animal needs to be eaten immediately, before the algae are digested.

Macro-minerals

There are three minerals needed by your body in large amounts;

1. *Sodium (Na)*; maintains the osmotic pressure of your extra-cellular fluids (blood, lymph, digestive system). Source it from iodized salt and meat & fish stocks. If insufficient Na is eaten, you will produce large amounts of urine after a meal or temperature drop, your nose & eyes will be dry, and your BMs will become slow, dry and hard.
2. *Potassium (K)*; maintains the osmotic pressure of your intra-cellular fluids (inside cells). Source it from fruit, fermented veggies, and meat & fish stocks. Symptoms of K deficiency are tired muscles, leg cramps, weakness, and constipation.
3. *Phosphorous (P)*; is involved in all body systems. It is a component of the energy molecule ATP (adenosine triphosphate). Phosphorous is found in nuts & seeds, meat & fish stocks, fruit, avocados, egg yolks, cheeses, milk kefir, coconut cream, raw meats & seafood. If you have constipation, a grey complexion, aching limbs, and/or are cold (possibly with Raynaud's disorder), then you may be deficient in P. To fix yourself, eat some raw nuts & seeds (especially pumpkin seeds).

Meat & fish broths

Broths are made by simmering meat or fish for up to 2 hours. Wine & fermented veggies can be added for the sour taste. Sieve out any solids, and eat only the clear soup. Add salt and optionally coconut cream before eating. Broths provide the **macro-minerals; sodium, potassium and phosphorous**. Enough needs to be eaten to keep you warm with a pink complexion in cold weather, keep your digestive system hydrated, and to enable sweating. You may need extra phosphorous from nuts and seeds in cold weather, as broth alone cannot provide enough.

Saline solution

A partial alternative to soups is to drink saline solution. Dissolve 8.5g salt in a litre of water and drink as needed. This is excellent in all weathers to keep the eyes, respiratory & digestive systems hydrated,

and to enable sweating. It is essential if you are suffering from diarrhoea.

Micro-minerals

Boron, bromine, calcium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, selenium, vanadium, & zinc are essential micro-minerals. Symptoms of micro-mineral deficiencies are *hunger*, *skin lesions* (usually on lower legs first), & *severe depression*. When you are hungry, and after eating plenty you are still hungry, you are deficient in micro-minerals. Include a range of micro-mineral foods in your diet. They must NOT be heated, frozen or processed in anyway, as processing will destroy delicate chelated mineral/protein complexes and the minerals will not be available anymore. Use the Coin Oracle to find out how much of these special foods you should eat, and how often to eat them.

- *Raw liver*; from grass-fed animals. It will keep for a week in the fridge (in oxygen). Do not eat more than 25g per day as liver contains large amounts of Vitamin A (toxic if you eat too much).
- *Milk kefir & kefir cheeses*; best made with raw milk from grass-fed animals. If made from pasteurized and UHT milks, they contain lesser amounts of minerals.
- *Aged Cheeses*; made from the milk of grass-fed animals, and aged more than one year so that they become sharp and crumbly.
- *Kefir beer*; made from roots in the ginger family, unrefined sugars, egg shells and water kefir (water lotus/tibicos). The fermentation makes available the micro-minerals in the sugar & egg shells, and the roots contain protease enzymes and medicinal compounds that assist digestion.
- *Iodine & Fluorine*; put iodized salt on your food. Eat a fluoride supplement once or twice a week if your teeth are soft.
- *Seed sprouts*; supply most micro-minerals but they are bitter and can cause your digestion to dry up. They should only be eaten if other micro-mineral foods are not available. Flaxseed & chia seed sprouts are used. Other seed sprouts are not effective. DO NOT eat bean & lentil sprouts. Use organic seeds, and natural un-treated water. Get a flat bottomed plastic

container with a lid. Make some holes in the sides to admit air. Put four layers of paper towel in the bottom. Wet the towel & remove excess water. Sprinkle seeds on the damp towel. Spread them out so there are small gaps visible between seeds by gently tapping the container. Put the lid on and leave in a dim place. Check daily. When the sprouts start to show leaves (three plus days), take the lid off and place in the light. Keep damp at all times, but do not have excess water present. When the leaves are bright green and the seed cases are gone (six plus days), cut the green leaves off with scissors and eat.

- *Problems when sprouting?*
 - A fungus/mould grows in your sprouts;
 - Do not have excess water on the towel, ensure the seeds are separated, not in clumps, and are well ventilated.
 - Seeds are very sticky and many have not germinated;
 - Are your seeds organic?
 - Did you use natural untreated water?
 - Do NOT soak the seeds and do not have excess water on the towel.
 - Do not use too many seeds. Over-crowding causes uneven germination. Start with small gaps visible between seeds.
 - Sprouts are stunted, and uneven;
 - Wait until yellow leaves show before putting in the light.
 - Do not have excess water on the towel.
 - Do not use too many seeds. Over-crowding causes uneven germination. Start with small gaps visible between seeds.

Fats & oils

There are three kinds of fat to consider;

1. *Mono-unsaturated fats*; non-essential fats that are burnt for energy. There are three types; Omega 5, Omega 7, & Omega 9.
2. *Saturated fats*; non-essential fats that are burnt for energy.
3. *Poly-unsaturated fats*; with two essential sub-types. These are the raw materials for making bio-chemicals and building structures in your body. Any excess eaten is burnt for energy;

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- a. **Omega 3; essential** fats used everywhere in the body. The simplest is alpha-linolenic acid or ALA. You need to eat a minimum of about 2g per day (more if aged).
- b. **Omega 6; essential** fats important everywhere in your body, especially in the digestive system, immune system and skin. The simplest is linoleic acid (LA). You need to eat a minimum of about 6g per day (more if aged). A lack of Omega6 will cause; *a defective immune system | rough, dry, grey, cracked hands & feet | constipation.*

<i>Fat</i>	<i>Properties</i>	<i>%Omega3</i>	<i>%Omega6</i>	<i>Vit.E/mg/100g</i>
Almond	<i>W</i>	0	17	95
Apricot	<i>W</i>	0	30	4
Avocado	<i>W, bitter</i>	1	13	40
Butter clarif.	<i>N</i>	1	4	2
Canola	<i>N</i>	9	19	18
Castor Bean	<i>C</i>	1	5	10
Coconut	<i>C</i>	0	1	0
Corn	<i>C</i>	1	54	14
Fish Oil	<i>W</i>	24	2	0
Flaxseed	<i>N, bitter</i>	53	13	18
Grapeseed	<i>N</i>	0	70	29
Hemp	<i>C, bitter</i>	17	53	40
Olive virgin	<i>C, bitter</i>	1	10	14
Olive refined	<i>W</i>	1	10	14
Palm	<i>C</i>	0	9	16
Peanut	<i>C</i>	0	32	16
Rice Bran	<i>N</i>	1	33	32
Sacha inchi	<i>N</i>	43	40	200
Safflower	<i>N</i>	0	14	34
Sesame	<i>C</i>	0	41	1
Soy Bean	<i>W</i>	7	50	8
Sunflower	<i>C</i>	1	29	41

Legend: *bitter* = bitter taste ||| *W* = warm temp. | *N* = neutral | *C* = cold

Mayonnaise

Spoonfuls of oil are OK if you only need to eat up to about 20g of extra fat in a meal, BUT in a cold temperate climate you may need to eat a lot more. Mayonnaise is the best way to do it as the fat is already emulsified, and easy to digest;

- *Egg mayonnaise*;
 - *Beginner's Egg Yolk Mayo*; into two large egg yolks, gently stir 60-100g oil. Do NOT beat. Add the oil a teaspoonful at a time, stirring until combined. Add larger portions towards the end of the process. Stir for 5 seconds, then rest for 5 seconds and so on. If the egg and oil separate out (crash), then start with a fresh egg yolk and stir in the crashed mayo in teaspoon lots. It should look smooth, thick, and shiny before you add more oil.
 - *Advanced Egg Yolk Mayo*; as for the beginners recipe but instead use one egg yolk, 30-50g oil, and add smaller portions of oil, stirring until thick smooth & shiny.
 - *Butter Egg Yolk Mayo*; as for the advanced egg yolk mayo but instead use 30-50g melted clarified butter or a combination with oil. Melt the butter (melting point ~25C), then make the mayo with the bowl immersed in warm water, and eat immediately before it sets.
- *Coconut mayonnaise*; coconut milk & cream are usually emulsified. Emulsify them again before eating if they have separated. Make rich warm coconut drinks that contain plenty of fat; Put up to 100mL coconut milk or cream (15-25% fat) in a cup, then fill the cup with water. Only eat this mayo cold at midday in hot & dry weather, rest of the time eat it hot.
- *Honey mayonnaise*; combine 25g of raw honey and a few drops of fruit juice or wine. Stir in up to 50g oil and/or melted clarified butter in small amounts, until a thick mayo forms. If an uneven 'ropy' texture develops, add a few more drops of wine or fruit juice. Keep the mayo warm until eaten if adding butter. Do not heat honey over 40 deg. C., and do not use pasteurized liquid honey (supermarket), as these honeys will not emulsify fat.

- *Honey & garlic mayonnaise*; smash a large clove of garlic in a mortar until it is a paste. Add 25g raw honey, and stir. Then proceed as for '*Honey mayonnaise*' above.
- *Garlic aioli (Catalan style)*; is made when fresh mild garlic is available in summer. Winter garlic is too strong. Smash 3 large cloves garlic in a mortar, until you have a smooth paste. Then stir in 25g oil until thick. Go slowly and add the oil a teaspoonful at a time. If the aioli crashes (separates) then you have not used enough garlic, or you have added the oil too quickly, or you have added too much oil. This is challenging to make.

Nuts & seeds

Good sources of minerals (especially phosphorous), fats (especially Omega 6), protein, & Vitamin E. They need to be eaten raw.

	%Fat	%Omega3	%Omega6	Phosphorous (mg/100g)
Almonds	47	0	12	500
Brazils	66	0	21	700
Cashews	44	0	8	600
Coconut Milk	24	0	0	100
Hazelnuts	61	0	8	300
Macadamias	76	0	1	200
Pecans	72	1	20	300
Pine nuts	68	0	33	600
Pistachios	45	0	13	500
Walnuts	65	9	38	350
Pumpkin seeds	45	0	20	1200
Sesame (tahini)	48	0	20	750
Sunflower seeds	52	0	23	650

Spices & herbs

Eat these in soups, as teas, and as spice bombs (see below). In hot or humid weather you will need to eat small amounts of bitter herbs and pungent/bitter spices. In cold & dry weather the bitter & pungent tastes are eliminated, except for ginger and finger roots.

Ginger & finger roots;

These spices can be emphasized in your diet. Extracts of the fresh roots contain protease enzymes. Both fresh and dried roots contain medicinal compounds that assist digestion;

- *Root Tea*; pour boiling water over crushed green ginger and/or finger root.
- *Dry Ginger Tea*; pour boiling water over powdered dry Ginger.
- *Root drink*; pour cold water over crushed green ginger and/or finger root. Also see Kefir beer.
- *Ginger Bombs (Trikatu)*; these are superb medicine for your digestion. Start with the small bomb and only eat the bigger bombs if your BMs are slow, soft, sticky, and in many pieces;
 - *Small Bomb*; mix three level teaspoons powdered dry ginger with honey, or honey & clarified butter.
 - *Big Bomb*; mix five freshly ground black peppercorns, ½ level teaspoon long pepper or pippali (from Indian grocer or Ayurvedic pharmacy), and three level teaspoons powdered dry ginger, with honey or honey & clarified butter.
 - *Bigger Bomb*; mix ten freshly ground black peppercorns, one level teaspoon long pepper or pippali (from Indian grocer or Ayurvedic pharmacy), and three level teaspoons powdered dry ginger, with honey or honey & clarified butter.
 - ALSO mix with coconut cream in hot weather.
 - If long pepper is not available, proceed without it.
- *Other Bombs*; turmeric bombs (replace ginger with turmeric), curry bombs (replace ginger with curry powder), freestyle spice bombs (anything goes).

Kefir beer

This drink contains B vitamins, protease enzymes, minerals, and medicinal compounds excellent for your digestion. It is free from alcohol. You will need;

- Water kefir grains (tibicos, water lotus). These are symbiotic colonies of about 50 odd species of bacteria & yeasts. They build their houses with sugar, and use it as fuel.
- Raw cane sugar (unprocessed, crystallized cane juice = *naam aoy* in Thailand | *jaggery* in India). Dark brown processed sugars also.
- Green ginger root and (optionally) finger root.
- Egg shells from free range hens. These supply minerals for the kefir grains.
- Lemon or lime slices. The peel adds flavour & minerals. Do NOT add lemon or lime juices.

To make one litre; dissolve ~40g raw cane sugar in a litre of water. Use a wide mouth container with a screw top. Add ~3 dessertspoons water kefir grains, 2 egg shells, and a few slices of lemon (but no lemon juice). Loosely seal the container and ferment overnight (tropics) or longer (temperate), until the sugar is converted to kefir grains & carbon dioxide. Then slice up ~200g ginger root into sticks and mash in a mortar (OR 140g ginger and 60g finger root). Put in a jug and add the fizzy fermented solution through a sieve (throw away egg shells & lemon slices). Sieve into glasses and drink immediately. Start a new ferment. If the water kefir does not grow then it does not have enough minerals; so change your egg shell supplier, and/or use different sugar.

For your Outside

1. Wash with warm or cold water only and DO NOT allow hot water, soap, shampoo, conditioner or other detergents onto your body. You will not get smelly and sticky eating Palaeo, as all waste products from your body are eliminated via urine and stool.
2. DO NOT use 'makeup' on your skin, instead massage with oil as necessary.

Massage oils

Let your choice of oil be guided by how it feels on your skin, and the reason for the massage;

- *Applying a protective coating to your skin;* Massage with oils containing mostly saturated & mono-unsaturated fats (coconut, clarified butter, almond).
- *Feeding & repairing the skin;* massage with oils containing plenty of poly-unsaturated fats (apricot, flaxseed, hempseed, sacha-inchi).
- Massage with a warm oil in winter and a cool oil in summer. For example; use a warm oil below 15C (almond), a neutral oil from 15-25C (clarified butter), and a cool oil above 25C (coconut).
- The author uses a blend of 30% coconut oil & 70% sacha-inchi oil to protect and repair at 15-25C, then changes to 100% coconut at temperatures over 25C.
- See Fats & Oils for more information.

How to make it all work

This is a difficult diet to master. It is very different from the modern 'Neolithic' way of eating and conflicts with everything you will have been taught about 'what to eat'. So to make it easier for you, I have given you an expert assistant... *the Coin Oracle*. Just get up every day, do your best, and have the trusty Oracle by your side. Many years of effort will be required to change your old Neolithic habits to Palaeo ones, so keep going, and never give up.

The Coin Oracle

You have TWO minds;

1. *Your True Mind*; she is inseparable from your body. She knows everything that a human needs to know, and can do everything that a human needs to do; managing all your automatic systems, eating, talking, singing, feeling, crying, & moving. She does not think. Feeling is her mode of expression. All her 'free' decisions are correct. She is your 'sixth sense'.
2. *Your Ego*; this mind knows nothing. It dominates the True Mind and causes her to make poor decisions. It is responsible for triggering thoughts about the past and the future (the internal dialogue), and as there is no past or future, thoughts about them are totally useless. Its sole purposes are; to bully the True Mind so that she remains timid & weak, and to make sure that you never achieve your true potential.

You can witness this process working, in every moment of your day. THINKING is triggered by the Ego. What you are FEELING NOW comes from the True Mind. So, when you need to decide when & what to eat, there is a choice between these two decision makers. The True Mind will let you know the right time to eat, the right food to eat, and the right amount of food to eat, with her feelings. The Ego will generate thoughts that create emotion & desire, compelling you to eat the wrong food, in the wrong quantity, at the wrong time. To successfully manage a Palaeo diet, the True Mind needs to be elevated to principal decision maker, and the Ego ignored. This is a difficult task for the average punter to accomplish. BUT there is a way to get expert help ... *enlist the Coin Oracle as your assistant*.

Often you may be in doubt about when & what to eat, so ask a question. Speak it out loud... clearly and precisely. The question should have no other meaning, you may write it down first if you like, and repeat it as many times as you feel is necessary;

- Do I need to eat anything now? Heads is yes.
- Do I need to eat a meal at lunchtime today? Heads is yes.

Now toss a coin and let it fall. If it is heads then you eat, if tails, you do not.

- 'Do I need to eat a drink now? Heads is yes.

If yes, then design yourself one or more drinks with the assistance of the Oracle.

- Do I need to eat anything else with this drink? Heads is yes.

If yes, you may need a sweetener, or some raw protein, or a ginger bomb etc.

- Shall I eat raw beef in this meal? Heads is yes.

If yes, then ask how much to eat and what to eat it with.

- Shall I eat micro-minerals in this meal? Heads is yes.

If yes, with the assistance of the Oracle, choose micro-mineral foods, and determine how much to eat.

- Shall I eat a ginger bomb in this meal? Heads is yes.

If yes, design yourself a ginger bomb of peppercorns, long pepper, dry ginger, mixed with honey/clarified butter or possibly coconut cream.

You can decide in the same way about drinks, sugars, vitamins, soup, raw proteins, macro-minerals, etc. etc., you can design a custom mayonnaise & a custom freestyle spice bomb, and determine the amount of Omega3 and Omega6 fats to eat, etc. etc.

With the assistance of the Coin Oracle, you can become an expert Palaeo chef in a very short time. You will eat in ways you never have before, the food will be superb, and your body will perform miracles for you.

If you have IBS

This diet controls IBS symptoms excellently, BUT it is difficult to implement. So if you like, you may start with the '[Easy Anti-IBS Diet](#)' together with [Relaxation Therapy](#), and get your symptoms under control. Then later, you may switch to this diet.

1. Download [IBS Explained](#) (2MB pdf), and educate yourself.
2. Join the group 'IBS Explained' on [Facebook](#) so you can ask me questions and get research updates.
3. Practise a [Relaxation Therapy](#); this will start reducing the symptoms that are caused by stress. Begin as soon as you can. It takes a few months of practice to start working effectively, so just keep doing it every day.
4. Eat only when hungry. Prepare your meals for time of day, climate, constitution, biorhythms, & lifestyle. Out of season food, prepared wrongly, and eaten at the wrong time, will trigger IBS symptoms (see the Coin Oracle).
5. *Diarrhoea (IBS-D & A)*; if you have been suffering from chronic diarrhoea, then your stores of bile salts and digestive enzymes will be low. Do not start eating these meals immediately. Eat the IBS Recovery Diet instead for a few days.
6. *Bloating & cramping (IBS-C & A)*; if these symptoms occur, then your IBS Barrier is active. Do not eat or drink in the morning if bloating and/or cramping occur. **WAIT**; the IBS Barrier often relaxes later in the day. See if you can eat at lunchtime, or in the late afternoon, or evening. Have a 1-2 hour siesta in the afternoon and do [Relaxation Therapy](#).
7. *Constipation*; relieve it by;
 - a. Make sure that your food is hydrated sufficiently. The salty & sour tastes are emphasized (mineral salts, fruit acids, kefir, fermented veggies), and the pungent (except ginger), bitter & astringent tastes eliminated (bitter oils, spices, bitter herbs, bitter teas, coffee, chocolate, alcohol, dried foods). Also ensure that you DO NOT eat any cooked proteins, and only the allowed dairy foods.

- b. [Relaxation Therapy](#); this may take some time to start working (three plus months). It MUST accompany your new diet.
 - c. Drinking one litre of warm saline solution (8.5 grams of salt in one litre of warm water), just before retiring. Optional; add your favourite laxative to the saline.
8. *Micro-mineral deficiencies*; are common when IBS disturbs bacterial digestion in the colon. Lack of micro-minerals causes hunger, depression and malnutrition. You need to immediately start eating micro-mineral foods.
9. *Hallucinations* (visual disturbances); are usually caused by too much, OR too little, free cholesterol in your body;
- a. Diarrhoea can cause your body to lose large amounts of bile salts (made from cholesterol). The liver then demands that the rest of the body supply it with cholesterol to make more bile salts. The brain contains large amounts of cholesterol, has to supply some to the liver, and this causes hallucinations. When they start, immediately eat four raw egg yolks (supplying about 2g of cholesterol). If they are severe you may double or even triple the number of egg yolks. Do not eat anything else for at least two hours after eating the yolks. A base-line dose of 1-3 raw egg yolks per meal will help prevent these hallucinations.
 - b. If you get hallucinations soon after eating raw egg yolks, then you have eaten too much cholesterol. Do not eat any more raw egg yolks for 24 hours.
10. *Irritation around the anus*; is caused by protease enzymes leaking from the small intestine into the colon (IBS-D & IBS-A). These enzymes cause irritation, and cracked dry scarred skin around the anus. Here is how to eliminate this problem;
- a. DO NOT eat funghi (mushrooms etc.) or dairy foods other than the recommended ones. These foods will create excessive mucous in your digestive system. Enzymes dissolve in this mucous, it then leaks through the valve at the end of the small intestine into the colon, and out of the anus.
 - b. DO NOT eat cooked protein foods (meat, fish, egg yolks, nuts, seeds). These foods contain HCA toxins that cause the valve at the end of the small intestine to leak. Eat only clear soups made from meat & fish stocks.

- c. When your anus itches. Wash it with cold/warm water or saline, and apply your favourite massage oil to the affected area. DO NOT use detergent (soap etc.) of any sort on your anus.
- d. Make sure you are eating sufficient Omega3 and Omega6 oils. These fats will help heal the affected area quickly.

IBS recovery diet

If you are very ill, start with this diet and eat it until you are better;

- DO NOT eat any bitter taste (bitter herb teas, bitter beer, seed sprouts, red wine, red grape juice, egg white, coffee, cocoa, chocolate etc.).
- DO NOT eat any dehydrating foods (chili, cayenne, alcohol, dried fruit, dried meat etc.).

Eat only;

- Warm fruit drinks & fruit teas; 100mL fruit juice plus hot water, fruit tea bag (or two) plus hot water, 50g coconut cream plus hot water.
- Warm non-bitter herb teas; ginger, liquorice, fennel, aniseed, red bush/rooibos, chamomile, peppermint, ginseng.
- *Sugars*; about 75g per day of raw honey, less if fruit juice is eaten.
- Vitamin C supplement (min.100g/day), a small B vitamin complex daily, and a vitamin E supplement (see Mayonnaise below). Eat Vitamin D if your skin does not see the sun.
- Micro-minerals; eat one or more of these foods daily | raw lambs liver (from grass fed animals), 25g maximum | 50g aged cheese | 150g milk kefir (snow lotus). See Dairy Foods section.
- Ginger bomb; one small bomb made with 3 teaspoons dry ginger and honey.
- Mayonnaise; this supplies protein, cholesterol, essential fats & vitamin E. Eat a minimum of four raw egg yolks per day combined with a minimum of 25g per day of an oil rich in Vitamin E, Omega 3 and Omega 6 (see Fats & oils). The best oils are flaxseed, sacha inchi (Inca peanut), and hempseed, but soybean will do if that is all you can get.

- Broth; eat a large bowl of warm clear broth with added iodized salt daily. You may eat two if you desire. See meat & fish broths.

This food will replenish your digestive chemicals, and ready your digestion for a full Palaeo meal.

Eating cooked proteins

You will always be offered these to eat whenever you go out, so here are some guidelines so you can avoid trouble.

- Never eat cooked red meat or organs (liver, kidneys etc.). These have huge amounts of toxic HCAs in them.
- Never eat proteins that have been heated over 100C (fried, seared, or roasted at high temperatures). HCAs are high in these foods too.
- Avoid cooked egg whites as these are bitter and can upset your digestion.
- Here are two strategies to eat white meats and egg yolks;
 - Eat modest amounts with plenty of fat. For example eat bacon, ham, salami, pork belly, chicken skin, and egg yolks. Do not eat too much as your lymphatic system has a limited capacity to process HCAs.
 - Eat protease enzymes with your cooked proteins. These are found in fermented foods (raw sauerkraut & kimchi) and some raw fruits (pineapple, papaya, passionfruit, kiwifruit). You can eat these enzymes later when you get home, if they are not available when you eat.

Understanding HCAs

These are formed when proteins are heated above 40C. The highest amounts are found in cooked red meats, animal organs, and protein foods heated to high temperatures.

Simple HCAs called purines are found in all foods. These are easily digested and cause no problems. However most of the HCAs in cooked proteins are complex and not water soluble. Some are fat soluble, but MOST are completely insoluble and are eliminated in the stool.

If you eat plenty of fat, then the fat soluble ones go into the lymphatic system and end up as uric acid. BUT the lymphatic system has only a limited capacity to process the HCAs into uric acid AND uric acid is only slightly soluble in water. So you need to restrict the amount you eat and drink plenty of water (or you will get gout).

It is better to eat NO complex HCAs, because they play havoc with your nervous system, and can cause constipation & cancer.

Lacto-vegetarian Palaeo diet

In tropical and warm temperate climates this diet can be lacto-vegetarian. Saline solution can replace broth, but those with IBS-A or IBS-D will need to add raw egg yolks.

In cold temperate climates it will be possible in summer, but NOT in winter. In arctic climates do not attempt a lacto-vegetarian diet.

In a nutshell

- Eat fruit and natural sugars to provide 100-120g sugar per day. DO NOT eat more sugar than this. Sugars can also be made by your liver from raw proteins (arctic diet).
- If fruit is not available eat raw fermented veggies instead.
- Eat a minimum of 25g raw protein daily.
- Eat sufficient macro-minerals.
- Eat sufficient micro-minerals.
- Eat sufficient polyunsaturated fats (Omega 3 & 6), and sufficient other fats for energy as required.
- Eat fermented foods. Fermented dairy in the tropics & temperate regions, and fermented veggies & animal foods in the cold temperate and arctic.
- Eat vitamin supplements as necessary.
- Eat herbs & spices. Plenty in hot & humid weather, and almost none in cold & dry weather.