

Super Paleo

True Paleo is Gatherer-Fisher

A few nutritional excerpts from my notes to start:

- (1) *One of the greatest tragedies and connected incalculable costs of modern capitalist society is that you have to fight against the interests and constant deceitful commercial campaigns of the profiteering conventional food suppliers, pharmaceutical companies and even most doctors in order to cultivate your greatest quality of life. Most people fail to realize that the ABSURD degree of profitability of said industries is made by parasites sucking off of the weakness, sickness, ignorance and insufficient protection of the people. The result is that no more than 5% of us shall summon the combination of nutritional knowledge and discipline necessary to come anywhere near to experiencing our unique existence as our truest, complete selves, and will, in tragic stead, live with a host of constant chronic dis-ease and disease, sadly accepting it as our unnatural 'normal.' So few know what good life is, because so few of us know what good health is, and thus never know our most complete, capable, contributing, happy selves, because most of us perpetually partake in the self-poisoning that's mutually exclusive with self-realization.*
- (2) *The goal of life is to be healthy, stable and content within ourselves, to contribute to as great a quality of existence for as many lifeforms as possible, and to have a sense of the spiritual Self which we all follow, even if unknowingly, allowing it to naturally guide us to our purpose. Well-cultivated, purpose may become our happiness, and we may sit in this central eye of the storm wherever we go in life, rather than letting the storm in, or being caught in the storm without. For wherever we are, we take ourselves with us, and, thus, only by finding the inner stillness and the truest Self, beginning with the quality of our embodiment (health), and dwelling within spiritual and bodily stability, are we complete.*
- (3) *Health is the conduit through which Spirit is conducted. The goal is, per overlapping electrical theory, to have as little resistance in the conduit as possible, so you can conduct Spirit as purely as possible. **Thus is health practice the foundation of spiritual practice.***

Introduction: Spirit is Conveyed Through Its Embodiments

Mind manifests being. Thoughts aren't limited to the mind, but invite into being what it is that's being thought. This is the idealist mind-into-matter philosophy. But what most underestimate in this paradigm is how much our thoughts are themselves products of how we feel. I find that nothing so affects my thoughts as how I feel whilst having them, and how we feel is, itself, a matter of what we call 'health,' the beginning of my own philosophy, wherein I long ago came to realize that HEALTH is an idea and a word that's grossly underestimated, and thought of by most as an odious obligation. Our health is our state of physical existence, the foundation upon which every thought and feeling and the determinant of our potential relative to our natural ability is constructed, and from this base are our thoughts made into matter, such that the literal makings of our beings, our biological base, is the basis of what enters into our minds, which reciprocates with our physically-manifested reality. Thus is HEALTH, our state of existence, the strongest influencer of our mental reality, which, in turn, is what creates the reality of our lives. So, even as mind makes the matter of our lives, mind is housed in the body of being, and nothing matters more to mind's makings than our own material makeup. From the base to its buildings back to the base and up again, this is the reciprocation of reality. So it is that to naturalizing yourself you must be committed before your innate powers may come to fulfill their greatest natural potency.

What's the Super Paleo Diet, and How Does it Differ from Paleo?

Start by reading the literature on the *Paleo Diet*, *Whole 30* and *Wahl's*, then upgrade the health benefits of the plan with a focus on wild meats, raw food and *The Glycemic Load Diet*:

- Don't allow any starches into your diet, obviously not as the carbohydrate of the grain, because grains are already excluded via the first three diets above *for many reasons*, but no potatoes either; most of the carbs in Super Paleo will come from fresh, organic fruit (ideally locally-cultivated) and low-to-no-sugar-added kombucha. Super Paleo is a relatively 'low carb,' mass-leaning approach to health maximization, for a multitude of reasons, including protecting cardiovascular and neurological health, mitigating cancer risk and maintaining a lean body mass.
- Be *very* selective with your inclusion of animal products; allow nothing that even *verges* upon the sick, diseased, tortured CAFO meats. Super Paleo leans heavily upon wild seafood, with land animal products only included when they're sourced from wild and naturally-grazing animals.
- Minimize, and ideally exclude, plant oils, all of which tip the Omega-6-to-3 ratio into the inflammatory zone (wherein Omega 6 is ballooned). This is a primary, oft-overlooked aspect of

SAD (the Standard American Diet), and a major contributor to all disease, all of which is based upon the body being in a chronically-inflamed condition conducive to all dis-ease and disease. It should go without saying that excluding particularly pernicious hydrogenated oils, which is the overprocessed type of oil used to cook most restaurant food, and almost all fast food, is *critical*.

Most of the Super Paleo Diet consists of wild seafood and organic fruits and vegetables; *what human beings evolved to eat*. Regardless of what anyone may tell you, every other category of food, anything derived from agriculture, concentrated animal feeding operations (CAFOs) and processed by man in any way, will carry with it the increased risk of developing disease. *Three-quarters of the profits of conventional healthcare and Big Pharma are derived from these 'normal' lifestyle mistakes*. Might this be why nutrition isn't taught in the medical profession, and why most doctors are glorified drug dealers? Conventional healthcare is excellent at acute, emergency situations, but fails the vast majority. *Any doctor that doesn't teach that Mother Nature is the source of medicine and the only protector of quality of life has already done harm, violating the Hippocratic Oath*. As a corollary, most people's perception of the natural Paleo Diet is skewed, as our ancestors ate far more seafood (sourced from the rivers and the sea upon whose shores humanity resided and developed) than land animals, for many reasons, including convenience, ease, safety and abundance, and were far more fishers than hunters, and more gatherers than either fishers *or* hunters, such that *true* Paleo is actually a 'Gatherer-Fisher' diet.

Salt, spices and select liquids may be added for flavor, including vinegars, Paleo Mayo, Primal Dressings, Worcestershire Sauce, coconut aminos and fish sauce; anything excluding all non-Paleo sources, especially plant oils like soy, and, of course, that excludes too many added sugars and the many nasty man-made preservatives, appetite-stokers and flavor enhancers. In terms of drinking, drink water, kombucha, organic tea and coffee, and be *very* wary of alcohol, as it disrupts gut health, making it difficult to build a robust microbiome benefitting the whole body.

The Super Paleo Diet excludes all inflammatory elements, starting with the standard Paleo exclusions, while encouraging low heat, raw and probiotic foods for micronutrient retention and gut health, while also eschewing any foods grown or raised in unnatural conditions (especially tortured animals passing their stress hormones and toxins through their fat, i.e. the CAFO meats constituting the majority of American meat consumption), most inflammatory plant oils used for cooking and/or added flavor (excepting the avocado oil used in the Paleo Mayo and Primal Dressings) and starches and added sugars that are both inflammatory and contribute to ever-worsening metabolic dysfunction while maintaining yo-yo instabilities in our mood and energy.

Conclusion:

Put as simply as possible, in distilling all the dietary literature to its essence, what not only leads to the early, unnatural demise of most human beings living in the 'advanced nations' of the world but is the greatest combined force for the reduction of the quality of human existence are three compounding elements that drastically raise the incidence of all forms of human disease:

(1) consumption of unnaturally-sourced forms and excessive quantities of carbohydrates, especially from post-agricultural-revolution refined starches (grains and potatoes) and added sugars; essentially any human-adulterated and processed form of concentrated carbohydrate

(2) consumption of unnaturally-sourced forms and excessive quantities of fats, especially refined and, worse, hydrogenated plant oils, and the toxic fats of CAFO animals (most of the animal products eaten in 'advanced nations'); essentially any human-adulterated and processed fat

(3) insufficient consumption of naturally-medicinal organic produce (fruits and vegetables), the source of most of that which staves off disease while increasing human longevity and quality of existence; essentially any unadulterated, unprocessed, natural form of plant food, largely displaced by eating numbers 1 and 2 - this is especially true considering that the select medicinal nutrients sourced from animal products, like Omega 3 fatty acids, are based upon the *plant foods* those animals consume (the difference between naturally-feeding, seaweed-eating fish and grass-grazing ruminants and their fat, sickly, grain-stuffed, caged CAFO counterparts)

Sensing a theme here? Not just here, but in all my writing: Follow the Tao: **RETURN TO NATURE!**

Over time the Super Paleo Diet will transform your state of physical existence, which will realign your physical nature with a higher quality of thought, which, in turn, will cascade into immense improvement in everything connected to mind, which is everything, *bringing you into fruition!*

APPENDIX: Superfood Smoothie with Seafood Side (SSSS)

The Superhuman Standard of the Super Paleo Diet

Let us consider ten ways in which the salubriousness of any diet may be measured, and how, if one isn't afraid of what's reflexively dismissed as 'extremism,' wellbeing may be maximized via consumption. Remember that *nothing exists in isolation*. All of these factors are interrelated:

- (1) Its nutritional density score – perhaps the most important measure, the nutritional density of the food we eat is the heart of its healthfulness, and nutritional density is always a matter of how fresh (i.e. local), organic, uncooked and naturally nutritious it is
- (2) Its prebiotic and probiotic promotion and content – prebiotic means feeding beneficial microbes *plant fiber*, especially the insoluble fiber found in raw vegetables – probiotics are found in 'cultured foods,' including plant-based yogurts (and kombucha on the side)
- (3) Its glycemic impact – the extent to which it taxes the pancreas and promotes insulin resistance over time – the extent to which it degrades or safeguards the metabolism – I recommend excluding all starches and added sugars – your carbs should come from fruit
- (4) The extent to which the diet is raw, and thereby promoting of every other factor herein, as well as the extent to which the diet triggers the immune system via denaturing (next)
- (5) The extent to which it triggers gastrointestinal leukocytosis by being overly-cooked (the immune response to too much of one's diet being overly denatured through cooking – to avoid this it's always advised that at least half of every meal consist of raw plant food)
- (6) The extent to which the diet is inflammatory or anti-inflammatory, which includes every other factor on this list, including the omega-3-to-omega-6-ratio, meaning *less plant oil*
- (7) The extent to which the diet excludes all unnatural, inflammatory elements, including processed oils, preservatives, flavor enhancers, plant oils, grains, dairy, added or artificial sugars and processed foods in general, all of which trigger inflammation and disease
- (8) The medicinal quality of the diet, and the extent to which it reflects two illuminating, classic insights from Hippocrates: (1) all health begins in the gut (2) food is medicine
- (9) The environmental impact of the diet – i.e. how local it is (shipping impact) and the 'trickling down' extent to which it impacts the environment in which it was produced
- (10) The social impact of the diet – local, CSA-supporting vs. corporate and shipped

Add it all up, and experiment for years within the right paradigms, seeking the sustainable ideal, and you'll end up with a superhuman standard such as what I abbreviate in my journal as **SSSS**:

Superfood Smoothie with a (Wild) Seafood Side.

This approach hits the highest marks on all the above-mentioned, intimately-interrelated levels. It's filling and loaded with protein, via the 'side' of wild seafood (which can be stretched to include other forms of meat, but *always* with the goal of avoiding sick CAFO meats and seeking out only the highest quality, most naturally existing animals), so you aren't hungry all the time like every *unsustainable* 'extreme approach' that I've tried, while also being highly nutritionally dense, prebiotic, probiotic, medicinal and anti-inflammatory. **SSSS is unbeatable, in my book.**

The strategy is simple enough: you build a 'superfood smoothie' as the basis of most meals, then include as much wild/natural animal product 'on the side' as you need in order to feel full. That said, for the purposes of avoiding urination interrupting one's rest, the smoothies should cease by about mid-afternoon, such that you're either not eating later at all (the intermittent fasting approach of only eating the first 8 hours of the day), or forego the smoothie for dinner. When foregoing the smoothie, it's recommended that you maintain the raw, nutrient-rich, prebiotic benefits of the strategy by pairing your seafood/meat with avocado and raw veggies.

The four layers of the superfood smoothie:

(1): HOMOGENIZATION: this is what produces the agreeable consistency of the smoothie, which I find to be essential; without this, the smoothie turns into a slushy, and is far less enjoyable and, thus, far less likely to be sustained. Depending upon what else you plan to include in the other three steps, this means a base of bananas and/or whole fat coconut milk or avocado. Soaking chia seeds in the bottom of the blender before each smoothie is also advantageous, as it improves homogenization and increases the soluble fiber and omega-3 content of your consumption, increasing satiety and benefitting cardiovascular, immune and digestive health

(2) PROBIOTICS: the probiotic plant yogurt that feeds the microbiome of the gut while also helping with the first factor, homogenization – other probiotic supplementation may be added

(3) PREBIOTICS: nutrient dense raw fruits and vegetables, especially greens like kale and broccoli

(4) MEDICINAL: the medicinal elements added to the smoothie, which should include a diverse and rotating array of natural medicine – while the entire smoothie is medicinal in the Hippocratic sense of 'food is medicine' and 'all health begins in the gut,' this factor includes those foods (including what's labeled 'medicinal herbs') known for their medicinal constituents

EXAMPLE: to chia seed pre-soaked in the bottom of the blender in a good amount of water, add:

- (1) One large banana + half a can of whole fat coconut milk
- (2) *Cocojune* organic cultured coconut yogurt (1/4 to 1/3 container)
- (3) Cut up: one apple, two medium carrots, kale and broccoli + handful of blueberries
- (4) Cut up: raw, whole ginger and turmeric (quantity based upon taste tolerance)