

Introduction to Nutrition

Hi, everyone,

In this unit we're going to discuss how to effectively use nutrition to prevent and reverse disease.

We'll begin with a discussion of why I recommend a Paleo-type diet as a starting place for most patients. Most of you coming into this course probably have some preconceptions about Paleo. It's received a lot of attention in the media over the last couple of years—some of it good, and some of it bad.

Please don't get hung up on the term Paleo. I simply use it as a shorthand way to refer to a nutrient-dense, anti-inflammatory, real-food diet. As you will see, the diet I recommend is not strictly Paleo, and I prefer to consider it more as a template than a rigid diet. We'll talk about this further in the second section of this unit.

From there, we'll discuss several options for getting your patients started on a Paleo-type diet. These include a 30-day Reset (aka 30-day challenge, or Whole30), a 14-day Reset with a two-week on-ramp, and a slower and more gradual approach for those that aren't willing or able to try the 14- or 30-day resets.

In the next section, I'll introduce you to eight key nutrition principles that you should master in order to provide your patients with the best possible guidance. These include maximizing nutrient density and bioavailability, eating from nose-to-tail, eating for gut health, and understanding the most important considerations for fat, carbohydrate, and protein.

From there, we'll discuss how to customize a Paleo-type diet for your patients' unique needs and circumstances. We'll cover macronutrient ratios—what percentage of fat, protein, and carbohydrate your patient should eat—meal frequency and timing, intermittent fasting, specific tips for women and athletes, and more.

Next, I will teach you how to design complete diet, lifestyle, and supplement protocols for 11 of the most common health conditions you will see in your clinic, from overweight and obesity to thyroid disorders, to autoimmune disease, to infertility.

After that, we'll discuss “gray area” foods that aren't typically considered to be Paleo, but that research suggests are healthy and beneficial when they are well-tolerated by the individual. These include dairy, legumes, some grains, alcohol, and chocolate, among others. You'll learn how to teach your patients to reintroduce these foods and create their own “Paleo template” ... which is a much more flexible and sustainable approach to nutrition over the long term.

Okay, that's it for now. In the next video we'll start with answering the question, “Why Paleo?” See you then!