

# Paleo Pool 2011: A Social Experiment

Do you want to eat healthier?

Do you need the motivation to do it?

Maybe we can help.

A group of people, including myself (Dr. Julie) and a colleague of mine, Dr. Christopher Stepien – author of The Humble Observer ([www.humbleobserver.net](http://www.humbleobserver.net)) are performing a social experiment to get lasting results with our health and physique through our diet.

## The INTRODUCTION:

Often times, after January, most individuals' resolutions die off. In light of this fact, Dr. Stepien has started a "Paleo Challenge" to help people like you and I continue to eat "cleaner" as we begin to forget how horrible we may have been to ourselves during the holiday season (and the rest of the year for that matter too). In general, eating "paleo" means no processed foods, grains, dairy, or sugar, but for this particular experiment, here are the rules that Dr. Stepien has outlined:

## The RULES:

1. Can only eat "paleo" foods including: Meat, chicken, fish, eggs, (any other animal product besides dairy), fruits, vegetables, nuts, and seeds.
2. NO dairy products, grains, pseudo-grains (quinoa), breads, rice, legumes (peanuts, cashews, peas), sugar products allowed.
3. Non-organic, farm-raised fish, conventional meat, chicken, and eggs ARE ALL ALLOWED. The idea is to be practical. For the best results though, choose organic, wild caught and local.
4. Coffee is allowed, but with no dairy or sweeteners.
5. You can COOK WITH pure olive oil, coconut oil, ghee (clarified butter), or just water. NO butter, canola oil (GMO), or other vegetable oils.
6. TWO cheat days per week where ANYTHING and EVERYTHING is allowed ... if you want it. If you want ice cream for breakfast, lunch, and dinner, it's legal, but what you might find is that the better you eat on your "paleo" days, the worse you might feel when you start to eat junk!
7. TWO nights of drinking alcohol per week...if you want it.
8. Your cheat eating days and drinking nights can be different from week to week, but remember, if you drink and eat some chips, that's a drinking night and a binging night!

## The QUALIFICATIONS:

1. This particular challenge is based on the honor system, however all participants were asked to pay \$50 to compete to help hold one another accountable. The last person standing at the end will win!
2. Each challenger had to take a picture of themselves shirtless (men) or in their bathing suits (women)...for the purpose of assessment. These photos are for our own purposes, to see what happens when we change just diet.

### **For those of YOU interested in playing at home...**

I would like to share my experience with you by posting photos of some of the meals my older sister and I have been making at home. (To view photos, please become a fan of Santiago Chiropractic Associates at: [www.facebook.com](http://www.facebook.com).) You can also hold yourself accountable in your own way by putting \$1 into a fund for every day you eat paleo and treat yourself to a gift at the end of the challenge or donate to your favorite charity. You may also want to consider starting your own paleo pool with friends!

If you have any questions about this challenge, my meals, experience or eating paleo in general, please feel free to ask me at any time! I would also encourage you all to visit: [www.humbleobserver.net](http://www.humbleobserver.net) to follow our challenge as well as read more of Dr. Stepien's "Unconventional Wisdom of Health."

Best wishes for a happy and healthy 2011,

Dr. Julie