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## ***The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat***

Loren Cordain, Ph.D.  
Houghton Mifflin Harcourt

*The Paleo Diet* originally came out in 2002 and the revised edition was published in 2011. It is one of the main forces behind the low carb/high protein movement. It is a way to lose weight but I am not sure it is too healthy. Most of us are looking for a diet to help us live into our nineties. Prior to the 1960s, very few people lived past their 60s. In 1937, when social security became available, only 50% of Americans lived to 65 to collect a dime. By the age of 70, 80% of those folks were dead. Even if cavemen ate a paleo diet (and I am not convinced they did), very few of them lived long enough to develop “old men’s diseases” such as heart disease and cancer.

I am trying to encourage my patients to eat more vegetables and fruits — I am not convinced that Loren Cordain is right.

Robert P. Goldman, MD