

# The Paleo Diet and Chiropractic

*Is this a Match made in History?*

by Dr. Bill Hemmer



**W**hen a patient asks you for dietary advice, what is your first instinct? Can you answer the question with brevity and knowledge? Do you take the time to begin the educational process of proper nutrition? Or do you have a handout available and then tell them to ask you any questions later?

This question is a loaded gun in most chiropractic offices. Your office flow can stop immediately when you take time in a room talking about diet. We all understand how important diet, fitness, and stress reduction is to overall health, but unless you have a plan to address this area of health during your normal office visit routine, this loaded gun can go off.

One of the best ways to handle this loaded weapon in your normal practice is to go back to the roots of our human diet. Agriculture has only been around for 10,000 years. Since the Stone Age our diet consisted of fish, grass fed meat, fruits, vegetables, roots and seeds. This was the diet humans ate back during the Paleolithic period of evolu-

tion. You can accomplish this with a short synopsis during the visit along with a more detailed handout to send home with them. Having materials available on your website would also be helpful.

The Paleo Diet has become increasingly popular over the last 30 years. This diet consists of eating things found only in nature and that have been hunted and gathered for the last 2.5 million years. The premise of this diet is that our genetic makeup hasn't changed in the last 2.5 million years to any great degree, why should our diet?

This diet relies heavily on fresh organic meats, fish, fruits, vegetables, nuts and seeds. It eliminates grains, dairy, legumes and all processed foods from the diet. These are foods seen as products of the advent of agriculture and animal domestication and therefore not in line with the way hunters and gatherers ate.

Promoting this diet in your practice has some very positive benefits, but can also polarize some of your patient base. The positive benefits

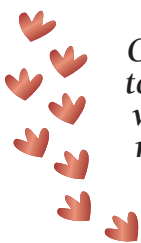
include: promoting a whole food philosophy, eating organic, using the epigenetic theory to increase your health potential and creating awareness of food as your fuel for life. Possible polarizing factors include: food restriction, vitamin and mineral deficiencies and fighting against other diet plans that have a different philosophy.

Any time you can promote a whole food philosophy you are certainly doing your patients a favor. Eating whole foods, such as, cuts of meat and fish, whole fruits, whole vegetables and complete nuts and seeds allow your patients to digest and assimilate all that food has to offer. Unfortunately, the vitamin and mineral content of our whole foods of today are just a fraction of the vitamin and mineral content of the food back in the early 19th century.

This means even if your patients are doing everything right when it comes to their diet, they still will not get all the nutrients they need to live a strong vital life. Eating the Paleo way certainly helps matters, but depending on how sick and depleted someone is, almost everyone will

require further supplementation to fill their health bank account to the point of vital health again.

The second major benefit is getting your patients to understand why it is important for them to eat as much organic food as they can. Most of your patients will say they know they need to eat organically, but they won't understand why. The reason is simple. Organic food is more diverse than non-organic food. Organic food has to fight off pests,



*One of the best ways to handle this loaded weapon in your normal practice is to go back to the roots of our human diet.*

weeds and adverse environmental factors using its innate immune response and power supplied from photosynthesis. These foods have many different systems in place to answer the call against any invader.

Non-organic foods have had their entire diversity breed out of them. They have external pesticides and herbicides to kill these threats. They only need to do one thing, grow to produce the desired foodstuff. But since all of their diversity is gone, so is the vitality of the food.

The third major benefit is your ability to demonstrate how eating this way allows you to harness the power and vitality of the epigenetics. This diet gives you the opportunity to explain how you can turn on good genes and turn off bad genes by eating real food. The environment you find yourself in controls seventy percent of your vitality, longevity and aesthetics. Once your patients understand they are in control of their health future, it then becomes your job to lead them to a stronger, happier existence.

The biggest obstacle you will have to overcome is limited food choices. They have to give up their comfort foods and this is always a challenge.

Sugar, processed flour, high fructose corn syrup and processed meats are just a few things your patients will fight you about. The best way I have found to overcome these objections is to ask them how they were doing when they were eating this stuff. Once they come to the realization how poorly they were feeling before, you have an opportunity to get them to change.

The second obstacle will be the different vitamin and mineral deficiencies that have occurred over time with your patients. So many patients have had long standing nutritional problems that cannot be addressed using any type of diet alone. Nutritional supplementation is absolutely necessary for everyone in a poor health status, no matter how well they eat.

The final obstacle is overcoming other popular diet plans your patients have been using. It is always a delicate conversation when you try to change behavior. The best way to go about it is to ask how their current diet is doing for them and then ask them what will happen if they continue to do the same things in the future. If their answer is less than positive on their current diet, then you have an opportunity to promote a new way of eating. If they become defensive about their current way of eating, drop it and bring it up again later.

You have a great opportunity presented every day in practice to change peoples' lives for the better. Recommending specific dietary, fitness and stress management advice is part of that opportunity. The Paleo diet is a great example of a concept to promote whole food and organic eating. Just make sure you have created the proper environment to present this or any idea. Always stay on the patient's side, eventually they will provide you with the opportunity.

*About The Author — Dr. Bill Hemmer is a Logan graduate and practices in IL. Contact him at DrBillHemmer@hotmail.com.*

## The Latest Chiropractic News Today

- Buyers Guide
- Product Showcase
- Digital Editions



Subscribe now  
for **FREE!**

Why wait?  
Visit online to  
sign up today.

[www.DCProductsReview.org](http://www.DCProductsReview.org)