



# **Paleo Pro Runner: The ultimate high performance diet bible for today's amateur and professional runner**

*Natasha Petkovic*

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### WHY THE PALEO PRO FOR RUNNERS DIET IS USED BY SO MANY OTHER ATHLETES

- It hastens recovery times because it reduces inflammation.
- Runners report less muscle and joint soreness after strength workouts.
- Using body fat reserves as energy sources enables longer and harder training than reliance on carbohydrate energy sources.
- Paleo Pro Diet provides all the amino acids and protein required for muscle building and strength.
- Research indicates that fat burning and muscle building hormones are boosted due to the nature of Paleo food inputs.
- Reduced need for sugar based fat store drinks during event training and preparation.

### WELL KNOWN ELITE ATHLETES WHO HAVE FOLLOWED PALEO PRINCIPLES

All of the following athletes are high performance elite types who follow the Paleo Pro Diet principles, adjusting it according to their performance needs. Paleo is not a diet that must be followed religiously as though falling off the wagon leads to some sort of diet hell. Paleo is a direction – a dietary theme that enhances health and performance at even the highest levels of a large number of sports.

Following, is a list of Paleoesque elite athletes from a large enough number of sports that is indicative of how well and easily and effectively the Paleo Pro Diet can work with activities that place great demands on the human body.

Timothy Olson – Ultra-marathoner is a long distance runner who took up the Paleo style low carbohydrate eating style and who adjusts his carb intake for event purposes, of which I'll write further on a bit later.

Grant Hill who at his retirement was one of the oldest players in the NBA stayed in top shape all through his 19 year basketball career followed a Paleo lifestyle and stated that even at 40 years of age he felt better than when he was in his thirties and that "a lot of that has to do with eating."

Aaron Rodgers, famous quarterback for the Green Bay Packers said that he travels with his Paleo Pro Diet book.

Kobe Bryant focuses on eating like a Paleo man with grass fed meats, low carbohydrate intake and rejection of sugar and processed foods. He says, "I feel like I can run all day long" and claims that watching what he eats is largely responsible for his stamina.

Novak Djokovic – Pro Tennis Player and 7 Grand Slammer changed the way he ate excluding gluten from his diet in precisely the same way that Paleo Pro Dieters do.

- Amanda Beard – 7 time Olympic Swim Medallist
- Apolo Ohno – 8 time Olympic Speedskate Medallist

Look, the list goes on and on, and it's precisely because there are so many high performing athletes of all persuasions adopting or adapting the Paleo Diet to their specific needs, that this is the diet and nutrition guide that's taking the world quietly by storm.

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