



10 Tragic Mistakes People Make When Going Paleo

by Alison Golden

The information contained in this guide is for informational purposes only.

Any guidance I give is based on my own personal experience. You should always seek the advice of a professional before acting on something I have published or recommended. Any results disclosed in this guide should not be considered average.

Please understand that there are some links contained in this guide that I may benefit from financially.

The material in this guide may include information, products or services provided by third parties. Third Party Materials comprise of the products and opinions expressed by their owners. As such I do not assume responsibility or liability for any Third Party material or opinions.

The publication of such Third Party Materials does not constitute my guarantee of any information, instruction, opinion, products or services contained with the Third Party Material. The use of recommended Third Party Material does not guarantee any success related to you. Publication of such Third Party Material is simply a recommendation and an expression of my own opinion of that material.

©2014 PaleoNonPaleo. All Rights Reserved.

Introduction

Yo!

Welcome to 10 Tragic Mistakes People Make When Going Paleo.

You're probably here because you're thinking of trying paleo. Or you're looking for further help. Or you not seeing the results you want. And very often need.

I see many people try to go paleo and fail. They get frustrated and give up. They feel bad.

And that's sad. Because I don't want you to feel bad. I want you to feel bad**ass**.

Take a quick gander over what I've written. Then start observing your behaviors.

What mistakes do you make? What can you do to turn them around?

Enjoy!

About Alison

Who the heck am I?

Good question.

I've been paleo since October 2010. All my life, my body has been in distress and disease of one sort or another.

Infection, illness, hormonal imbalance were normal. I worked around it with medication and lifestyle coping strategies.

I'd always kept reasonably fit (when illness allowed) but I got serious about my health when my sons became very ill as preschoolers (they are now 14) and, almost in sympathy, my health declined even further.

I studied and spent hours reading the Internet, tweaking and improving our family health, changing my philosophies towards medication and food drastically.

Eventually, I came to paleo and started tweaking some more. And felt I'd really hit gold.

I am committed 98% paleo and I follow the autoimmune protocol closely. My health requires it. I have tons of energy, a positive attitude and creativity galore. I often feel euphoric and feel like I've found the key to the secret of life!

After 15 months of watching me, my husband hopped on board and we keep a very tight paleo ship at home.

It's been a process to get to this point and also working with my family. I have learned a lot. A very lot. 😊

Join me, and you can learn strategies to help you succeed.

Mistake #1

Having the wrong goals.

So many people have weight-loss as a goal. But fat is a symptom of disease. And weight-loss is a zero-sum game.

As a society, we have lost sight of what it feels and looks like to be healthy we are so entrenched in the Standard American Diet.

Paleolithic man wouldn't have lasted long if he'd lived with the stresses we put on our bodies today.

And yet, while our basic needs are met, and we no longer live in fear of mortal danger, we are depressed, overweight, under-achieving.

Moving easily, without pain, being joyful, having mental and physical strength, enjoying solid bonds and loving relationships – these are bigger, and more sustainable, goals.

Mistake #2

Not knowing yourself.

How does your life work? Who is important to you?

What are your life goals? What does health look like to you?

What are your fears? How do you sabotage yourself? Who, and what, stops you from achieving your goals?

What are your strategies? Your tactics?

What do you need to confront? What changes do you need to make?

So many people don't know the answer to these questions.

They are essential if you are to aim for a target and get there.

Mistake #3

Having no plan.

If you don't have a plan, you will not hit your target.

Living paleo in a non-paleo world takes work. You have to constantly be alert to threats from yourself, from others, from your environment.

Goals can be small and manageable, plans can be simple but they do need to be in place. Otherwise you are planning to fail.

A small goal might be to get more sleep for a week. Say, one hour extra a night. How do you plan to achieve that? Go to bed earlier? If so, what are the implications of that – having dinner an hour earlier? Missing your favorite TV show? Setting up the DVR?

See not only the immediate implication of your plan (going to bed earlier) but also the other dependencies that need to happen for you to achieve your goal.

Mistake #4

Failing to build a support network.

Like I said earlier, living paleo in a non-paleo world isn't easy. Constant challenges to your lifestyle choices will come at you.

As social animals, going against the group is the ultimate sacrifice. In paleolithic times, it would have meant death. We are not wired for it.

You will feel isolated, bombarded and ultimately cave into social and biochemical pressure if you don't build a support network.

But going it alone is what many people find they have to do. They don't know anyone who eats, lives, thinks like they do.

If you don't take things to the next step and reach out - finding like-minded people, finding an environment where you're perfectly normal, no longer the one who eats 'weird,' you are doomed to failure.

Mistake #5

Talking too much.

We are enthusiastic, full of our new-found knowledge and skills. We want to tell the world.

We're at the buffet and someone notices us surveying the food, choosing selectively.

We refuse Friday staff meeting doughnuts.

We want our spouse to eat the way we do.

So what do we do? We explain. We talk. Sometimes we nag.

We go on about cavemen, and saturated fat and bacon. And the quizzical looks turn dismissive. Possibly condescension and anger pour forth.

That's enough to push us non-paleo. Right there.

Mistake #6

Not doing your homework.

Going against the grain (literally! 😊) requires independent thinking.

Not knowing what you're doing and why is tragic in any endeavor.

It is foolish and counterproductive when you're living a lifestyle that is far from the norm.

Not being able to answer your own questions when you get faced with temptation will cause you to give in. Why are you doing this? Why won't you eat that burger?

Don't just follow the gurus and do what you're told.

Do your research.

I'm not sure if there were any lemmings or sheep in paleo times but now is not the time to be one.

Mistake #7

Failing to analyze.

We all slip up. We all eat off-paleo occasionally.

When we do so because we've lost control, we can panic.

We can throw in the towel, give up.

You know what? No change is straightforward.

It **always** involves slip-ups and track-backs.

It's normal.

The failure here is not the slip-up but failing to see what caused it.

It isn't your lack of will-power. Or moral character.

Sticking to paleo isn't about discipline, it's about problem-solving.

Mistake #8

Using the wrong success criteria.

Many people weigh themselves. Weighing x number of lbs is their goal.

Everything will be right at that weight. So they think.

But there are many other ways to measure and track progress.

Some people measure. Others take pictures of themselves in the mirror.

A few want to deadlift 200lbs. Often scary test results are the motivation.

And maybe there's a very important marker you don't even know about. Yet.

It's different for everyone. As they say in Finland, there's more than one way to roast a reindeer.

And there's more to paleo success than simply what you weigh.

Mistake #9

Being hardcore rigid *and* uncommitted.

So how can failure stem from being hardcore paleo and uncommitted to it? Because life isn't like that. It ebbs and flows. It's crazy stressful at times, more serene, well, even-keeled anyway, at others.

During transition to paleo, if you are very rigid, you risk being the stone wall that eventually gets eroded or destroyed in a storm. Any progress will come from forced iron willpower rather than flowing organically from your results. That's hard.

If you are not committed, you'll find yourself despondent at your lack of progress and that sadness will cause you to succumb to SAD, making you even sadder. You will give up in the face of ever-increasing sadness and blame paleo (or yourself) for it!

Knowing when to press forward and pull-back is a skill. It is about knowing yourself, having clear goals and points of measurements. And an understanding of your level of urgency.

Mistake #10

Failing to build success strategies.

So many people walk into a non-paleo situation with a goal and not a lot else.

Except perhaps a belief in will-power and a lot of hope.

They hope that they will do the right thing. I know, I've done it myself many, many times.

But without strategies planned out, the battle is lost before we walk through the door.

A warrior would never go into battle unprepared, unfit, unskilled, without plans, strategies and tactics prepared.

Unlike warriors of past, we will not be killed or mortally wounded by our lack of preparation.

Every failure is an opportunity to learn.

Bonus: Mistake #11

Listening to the wrong advice.

“Most of us do not make change in our lives until the pain in our present eclipses our fear of the future.” ~Judith Barhwick

Eating paleo, living paleo is different.

There are a lot of blogs and other resources telling you what to do, what to eat, how much and on. They are invaluable and you should pay attention to them.

But, because paleo is so different from how our society would have us live, the crucial factor to success with it is about handling change.

Knowing what to do, won't help you do it. Especially when the crap hits the fan.

It **is** about what you eat, and how you live but success is also about the transition to get there and the framing of experience that will enable you to keep going.

Whether those around you are along for the journey or not.

Thank You!

I hope you've enjoyed this report as much as I've enjoyed writing it for you.

I appreciate every one of you for taking the time out of your busy, busy lives to read it and if you have a second, I'd love to hear what you think about it.

Please leave a comment at <http://paleononpaleo.com> or if you'd rather reach me in private, don't hesitate to send me an email (alison@alisongolden.com.)

While I can't reply to every comment or email, I do read every one. That way I can decide what to write about. Don't be shy.

Lastly, if you haven't already, you can follow me on Twitter (<http://twitter.com/alisonjgolden>) and join in the conversations going on right now on the Facebook page (<http://facebook.com/paleononpaleo>.)

Thanks again, and I wish you nothing but a healthful, happy life!

Strengthen: Respect: Achieve

For more insanely useful information about living paleo in a non-paleo world, visit:

<http://www.paleononpaleo.com>