

FATFED

MAGAZINE

modern day primal living

INSIDER

WHAT'S
THE DEAL
WITH



February 2015

Best JOB IN PALEO Recipe Tester/Developer

Crafting a life around culinary creations in the kitchen does indeed sound like a dream, and for many in the Paleo realm it serves as both a creative passion and a livelihood. Whether as a cookbook author, or an Instagram sensation, this is unanimously the best job in Paleo—that is, of course, until the dishes need washing.

Blogger

Paleo bloggers have helped propel this grassroots movement into a powerful tool for change.

Personal Chef

Two parts culinary smarts and one part business savvy make this job a great way to pay the bills.



Best SLEEP AID Magnesium

This mineral is a component of more than 300 different enzymes in the body, and it plays a role in almost every function from hydration and muscle contraction to neurotransmitter reception. Try it in powder, capsule or transdermal spray form for the best—and most relaxing—results.

Blackout Curtains

It's incredible how something this simple can be so effective—much like the power of good sleep.

Lavender Essential Oil

The concentrated might of nature dabbed on the temples or sprayed onto a pillow can be so soothing.



Best COOKBOOK RECIPE: Treats

Blueberry Pancakes from *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* Juli Bauer and George Bryant have done it again, with the relentless pursuit of the perfect Paleo pancake from their collaborative cookbook. This recipe is great for slow weekend mornings when boring breakfasts just won't do, and it holds up well to all manner of flavor experimentation.

Raspberry Coconut "Cheesecake" from *The Autimmune Diet*



When Collins Paris saw Paleo Baking Company for sale last March, he knew he had to have it. His girlfriend, Alexandra Callaghan, had been Paleo for about five years after finding out she had celiac disease and hypothyroidism. She started Paleo a few years later and saw major improvements in her allergies and adrenal fatigue. Then last March, Paris, a digital marketing professional, was in the market for a new home. "When we saw this company posted for sale, it was perfect," Paris says. "I cannot be more perfect." Paris says she cannot be more perfect. Paris says she cannot be more perfect. Paris says she cannot be more perfect.

Right now, the business is still small. Paris and Callaghan sell their mixes online and through a few Callaghan sell their mixes online and through a few natural food stores and farmers markets, but they're hoping to ramp it up this year. At the end of last year, Paris started looking for a new, certified gluten-free facility to produce their products (they started out in a facility in Wisconsin, but despite very strict sanitation protocols, it was not certified).

FATS: A CHEF'S GUIDE

WRITTEN BY CHEF PETER SERVOLD
PHOTOGRAPHED BY SARAH SERVOLD

TALLOW
SMOKE POINT: 375° / HEATING POINT: 175-200°
CULINARY USES: FRYING, SAUTÉING, ROASTING
Tallow is a very hardy fat, and it's ideal as a frying oil if you have enough of it. It has a strong flavor, so treat lightly when cooking vegetables in it. In a perfect world, every French fry would be fried in a mix of tallow and duck fat. So good.

COCONUT OIL
SMOKE POINT: 350° / HEATING POINT: 270°
CULINARY USES: ROASTING, SAUTÉING, FRYING
There is a wide range of uses here, depending on what coconut oil you get. We always get the unrefined version, which still have a coconut flavor. Tallow only use this oil for some Thai, Indian and South American dishes. The more refined oils will have less coconut flavor and can be used more like an avocado oil—but beware the refining process and coconut source. Quality matters!

LARD MANTECA
Note: Bacon fat and lard are not the same: bacon fat has been cured and smoked, so it will be saltier and have more impurities with regard to smoke point and flavor—but use it. Definitely use it!
SMOKE POINT: 375° / HEATING POINT: 375°
CULINARY USES: BAKING, ROASTING, SAUTÉING, FRYING
Lard's time has come again, it seems—mostly thanks to the Paleo movement. Once a ubiquitous fat in all kitchens, its higher melting point makes it ideal for making perfectly baked goods, but it still has a place for sautéing and roasting, especially when preparing vegetables to be served with pork.

CHICKEN FAT SCHMALTZ
SMOKE POINT: 375° / HEATING POINT: 375°
CULINARY USES: ROASTING, SAUTÉING, FRYING
Sadly, chicken fat or schmaltz is often overlooked, but if rendered from chickens you've butchered, it's free, and a perfect fat in which to cook vegetables when serving chicken. Anytime you can cook your side dishes with the fat of the main protein, you're approaching a higher-end level of eating.

Find Paleo Baking at www.PaleoBaking.com

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Best COOKBOOK RECIPE: Culinary Recreation

Breakfast Biscuits

from *Danielle Walker's Against All Grain: Meals Made Simple*
Make these award-winning biscuits for brunch, or whip up a batch to serve with strawberries and coconut cream as a quick dessert. Like many other recipes from Walker's newest cookbook, these Breakfast Biscuits fill a culinary void and offer a delightfully indulgent alternative to conventional baked goods.

Rocky Road Ice Cream from Dairy-Free Ice Cream

Nothing tastes as sweet as something you can't have; that is, until Kelly Brozyk makes a Paleo version of your favorite ice cream.

Caveman 'Cue BBQ Sauce from Paleo Grilling

Gone are the sugar-laden barbecue sauces of grocery store fame. In their place is this handcrafted, flavor-packed condiment.



Best BLOG RECIPE: Treats

Banana Bread from Civilized Caveman

This classic recipe just got a Paleo upgrade, thanks to George Bryant of Civilized Caveman Cooking Creations. Made entirely without sweeteners and with the ingenious addition of almond butter, this recipe is an excellent vehicle for grass-fed butter, homemade jam or a drizzle of local honey.

Cinnamon French Toast Panna Cotta from Stupid Easy Paleo

A dessert like this one prioritizes high-quality ingredients for a few small bites of incredible flavor.

N'Oatmeal Cookies from Paleo Parents

Kids and parents alike love these fruit-sweetened cookies made with fresh dates, chopped pecans and raw cashews.



Best BLOG RECIPE: Savory

Cracklin' Chicken from Nom Nom Paleo

Is there anything better than crispy chicken skin? Michelle Tam has taken a seemingly innocuous ingredient—chicken thighs—and turned it into a delicious main dish that will wow dinner guests and leave no leftovers. Always a stickler for the best kitchen techniques, Tam walks readers through the process.

PALEO

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Best 2014

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Brandon Routh on Being Paleo in Hollywood

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Besides studying for a degree in Public Nutrition, Eirik Garnas has spent the last couple of years coaching people on their way to a healthier body and better physique. He's educated as a personal trainer from the Norwegian School of Sport Sciences and also has additional courses in sales/coaching, kettlebells, body analysis, and functional rehabilitation.
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Brielle Urciuoli

Brielle is a journalist, Crossfitter, and semi-paleo devotee from New Jersey. She will graduate from The College of New Jersey in May of 2015 with a degree in Journalism and Professional Writing and minor in Political Science. While she's not writing, she can be found in the kitchen making "mostly paleo" concoctions that she plans to one day publish in a cookbook.



Steve Gangemi, DC "Sock Doc"

Dr. Gangemi's website, sock-doc.com, focuses on a natural approach to injury treatment and prevention for athletes. With over 15 years of clinical practice, Gangemi is an experienced practitioner of complementary sports medicine and holistic therapies. He's a six-time finisher of the Hawaii Ironman and many other endurance events.



Fisher Neal is a lifelong hunter, fisherman, and outdoor enthusiast. It has been more than ten years since he has purchased meat in a grocery store. He is the founder of Learn to Hunt NYC where he teaches classes and in the field lessons as well as offering guided expeditions for first time hunters.

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Our Mission
Paleo Magazine was founded with the purpose of providing readers with the information they need to live strong, vibrant, healthy lives. We are dedicated to partnering with leaders in the Paleo community to spread the knowledge of ancestral health principles, without the influence of Big Pharma or Big Agriculture.



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In the health and fitness community at large, training goals tend to be viewed as an essential component of an exercise plan. People who join a gym are often reminded by the receptionists how important goal setting is for staying motivated over the long term, a message strengthened by personal trainers and gym instructors who emphasize that goals should be specific, measurable, attainable, relevant and time-bound (SMART).

However, not everyone places so much emphasis on goal setting. In the ancestral health community, physical activity is often performed as a way to have fun, spend more time outdoors and *play*. Of course, there are also many Paleo followers and ancestral health enthusiasts who follow a strict plan and train heavily in pursuit of time-specific goals. However, if we look at a “hunter-gatherer” exercise regimen, it’s clear that it is more directed toward achieving multifaceted fitness and enjoying fresh air, social interactions and movement than toward progressive overload and goal achievement.

This primal approach to training is rooted in the physical activity patterns of hunter-gatherers and healthy traditional people, who clearly didn’t exercise with SMART goals in mind, but rather because they had to move their bodies to procure food, build shelter and escape predators. In other words, they only had goals with each specific physical activity session, and no incentive to focus on gradually increasing the stress placed upon the body (progressive overload) or to keep a training journal.

So, where does the answer lie? Should your workouts be aimed toward reaching SMART goals, or should you simply exercise—perhaps changing your routine every workout—for the immediate benefits it gives you? As you might have guessed, it depends...

When Goals Are Important

As everyone who has worked out consistently knows, getting results is important to stay motivated. This is something that becomes especially clear when you coach people who work out because they want to look better, lift heavier or run faster. During the years I’ve worked as a personal trainer, I’ve really learned how effective small, progressive steps forward can be for a client’s motivation.

Simply hitting the same rep target in the deadlift as the last workout, but this time with some added weight on the bar, gives a sense of accomplishment and satisfaction. That’s not to say that relying on this type of gradual progressive overload as the sole source of motivation is a good thing, as there are clearly days when you won’t outrun your previous record, and as we all know, you won’t be able to add extra load to the deadlift bar each workout indefinitely.

However, there is no doubt that setting performance goals and focusing on progressive overload should be done by more people. This is especially true for gym members who keep paying the membership fee but rarely get in the door, people who feel that they never manage to stick to their exercise plan for more than a couple of weeks before they ease back into old sedentary habits, and of course, folks who go through a workout without really breaking a sweat.

In other words, many trainees have never gotten around to making a plan or steering out a direction for their efforts in the weight room, and they therefore feel no real obligation to work out. When there are no SMART goals to be reached or incremental increases to be made, the cost/reward ratio of going to the gym can quickly end up seeming very high...

To understand why so many people today seemingly choose to live a sedentary life, we have to look back at physical activity through the lens of evolution. The physical activity levels (PALs)

Should You Set Exercise

of hunter-gatherers far exceed those of a typical 21st-century office worker, but that's clearly not because our ancient ancestors regularly ran and lifted things in an attempt to improve their physique or fitness levels. It was rather because they had to move their bodies to survive. In other words, hunter-gatherers rarely moved their bodies to any significant extent unless they had to, because expending more energy than necessary would negatively impact survival in an ancestral natural environment, where food is not conveniently found at a grocery store nearby.

Heritable biological traits that confer a survival advantage in a specific environment are positively selected for through natural selection, and it therefore doesn't come as a surprise that humans have evolved to take it easy and relax when possible. These "lazy" genes were adaptive in a Paleolithic milieu, but in a modern obesogenic environment—where food is easily accessible and many of us don't have to move our bodies to any significant extent to survive—they set us up for chronic inactivity and fat accumulation. It's therefore important that we take our current living conditions into account when we discuss the necessity of goal setting.

Okay, so setting training goals can be valuable for someone who finds it hard to consistently stick to an exercise plan and/or has trouble getting off the couch and into the gym altogether. Another group that clearly benefits from writing down goals and keeping a workout journal are those who actually have specific goals with their physical activities, such as long-distance runners preparing for a race, lifters who are serious about building muscle and strength, and other athletes with a specific performance objective in mind. That doesn't mean that these individuals should never add an unplanned exercise session to their routine or that their training journal has to be followed to the letter, but there's little doubt that planning and progressive overload are important to create a gradual, specific adaptation to one type of activity.

Play, Fun and Immediate Physical Benefits

Up until this point, you might have gotten the impression that goal setting is essential for virtually everyone—but that's not really the case. Some people manage to stick with an exercise regimen without bothering with goal setting and training journals. These are often the people who have established healthy routines and find that the immediate benefits of exercise—such as the good feeling of being outdoors, the mental boost and the joy of "playing"—outweigh the perceived cost of getting off the couch. To get to this point, it's clearly important to find forms of exercise one enjoys. Those of us who have played sports, spent hours dancing or participated in group training sessions know how much easier and more fun it can be to exercise when there is something more than a treadmill or rowing machine involved.

The difficulty for a lot of people—including myself—is to get to a point where the aforementioned immediate benefits of exercise are sufficient motivation to work out as often as one should. This is especially true for adults, who often live hectic lives, have "forgotten" how to play, and focus on achieving measurable results from the time put into something. Trying to bring the child in us to the surface can definitely be worth it, though, as there is something special about exercising just for the fun of it.

The Bottom Line

So, should you set goals with your training? As discussed, it depends on many factors, such as the reason you exercise, your motivation and your current habits. For most people, a cross between relatively strict, goal-oriented training that focuses on progressive overload, and more loosely planned exercise sessions that revolve around play, fun and experimentation is a good way to go. 🐾

Goals?



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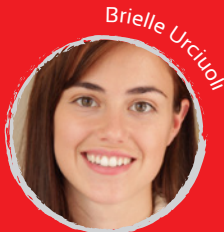
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While our Paleolithic ancestors were resourceful fellows, using most of the body parts of the animals that they hunted (such as meat for food, skin for clothing and so on), historians and archeologists have been hard-pressed to find evidence of cavemen who drank dairy, despite the fact that they obviously had access to cows. In fact, according to Christopher Williams, assistant to Robb Wolf, author of *The Paleo Solution*, dairy was not consumed until far more recently in our evolutionary timeline.



WHAT'S THE DEAL WITH



Brielle Urcioli



Fast-forward to current times, when many Americans' daily menu is inundated with lattes, cheese, yogurt and milkshakes. A good proportion of these same people also have digestive, allergy and skin problems as part of their daily routine, as many people's bodies cannot handle the lactose or casein in milk.

However, that is not to say that the few people who actually *can* digest dairy well do so without any benefits. Williams notes that dairy is a good source of fat-soluble vitamins such as vitamin K2, as well as CLA, protein and calcium. Considering that milk from any animal, humans included, is meant to promote the healthy growth and development of the baby or calf that it is feeding, dairy can be a growth promoter that helps those looking to gain weight without reaching for the box of doughnuts.

Many people, however, are confused about which type of milk they should be drinking to reap these benefits. Says Williams, "In my opinion, if you were going to do dairy, then raw dairy would probably be a better choice if you can find a really good, clean source. That's not to say it's completely risk-free, though."

One of those risks, in many states, involves running into legal trouble when attempting to sell or purchase raw milk. The sale of raw milk is illegal in eight states, and it is only allowed as pet food in another three. With the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) both stating that raw milk is 150 times more likely to cause hospitalization than processed and pasteurized milk, it may be apparent why raw dairy is illegal in some states.

However, there are many who dispute these claims and feel that raw milk offers a world of benefits that the processed stuff just can't provide. Sally Fallon, president of the Weston A. Price Foundation, a nonprofit geared toward nutrition education, activism and research, says that raw milk's shaky legal status is "the influence of the dairy industry," since locally grown raw milk competes with the economic heavy hitters that stock the shelves of popular supermarkets with pasteurized and processed dairy products.

"The dangers of raw milk are greatly exaggerated," Fallon says. "I'm not saying people never got sick from it, but people get sick from all kinds of things."

Further, Fallon also stresses the benefits of raw milk that are unattainable from pasteurized products. She claims that a child brought up on raw milk will not have cavities and will grow tall and strong. She even says that some adults who have converted to raw milk have reversed the effects of osteoporosis, a disease in which bones become fragile and break or fracture easily. Fallon also claims that 82 percent of people who are lactose intolerant can handle raw milk.

According to Fallon, this is because raw milk still has all the natural enzymes, plus the vitamins that pasteurized cows naturally have. But, she says, "When you pasteurize, you kill all the enzymes completely. Pasteurizing milk warps the enzymes."

Pasteurization is a process developed in the 1860s by French scientist Louis Pasteur in which milk (or another substance such as wine) is heated up and then cooled again. This kills some of the bacteria that cause the product to spoil, preventing people from becoming sick while also extending the product's shelf life. Some of the harmful pathogens that the process kills, according to the CDC, are *Salmonella*, *Campylobacter*, *Listeria* and *E. coli*. Pasteurization also happens before goat and sheep milk hits most main supermarket shelves.

However, since raw milk is not pasteurized, it runs a much higher risk of containing these four pathogens, which have been shown to cause illness and even death when consumed. According to the FDA, certain groups of people are especially vulnerable to these harmful bacteria, and they advise that young children, older adults, people with weakened immune systems, and those who are pregnant should not consume unpasteurized dairy products, even where they are legal. Further, the FDA states that both pasteurized and unpasteurized milk can cause allergic reactions in people who are sensitive to milk proteins.

Fallon is still confident that raw milk will be legalized in all 50 states, though some states, like New Jersey, are still apprehensive. Despite Fallon's statistics saying that no raw milk-related deaths have been recorded since the 1970s, the CDC reported 1,837 illnesses, 195 hospitalizations and two deaths related to raw milk between 1998 and 2009.

Raw or not, one could make a strong case that milk and other dairy products do not have their place on a Paleo plate—even if it is (in the case of raw milk) digestible and arguably harm-free to some.

THE NUTRIENTS PACKED INTO DAIRY PRODUCTS, SUCH AS CALCIUM AND VITAMIN D, ARE INDISPUTABLE, BUT WE MAY NEED TO STOP AND ASK AT WHAT COST?

Raw milk is arguably closer to an all-natural ideal considering it comes from grass-fed cows, undergoes no purification or chemical processing, and may have more so-called "unwarped" enzymes, but scientists and lawmakers are still on the fence about whether the benefits of raw milk outweigh the risks. 🐄



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YOUR VITAMIN D WINTER

When the sun's rays enter the earth's atmosphere at too great of an angle, the atmosphere blocks the UVB portion of the rays. This occurs regularly during the early and latter parts of the day, but also continuously throughout the winter season, increasing as one moves farther away from the equator. This is called "vitamin D winter." During this time, due to the lack of sufficient solar UVB rays, the skin is unable to synthesize much, if any, natural vitamin D from the sun.

A healthy individual can typically store around a three-month supply of vitamin D in their tissues, which means that around this time of year, you may be running low if not already depleted of vitamin D. Vitamin D-providing UVB rays are low to nonexistent in many areas of the U.S. and Europe by the time December rolls around. The time of day, season, altitude and latitude are among the many factors that determine the amount of UVB that reaches your skin. So don't think you can go outside and get some vitamin D just because the sun is out. Although being outside on a sunny day is still a good idea!

In this article, I want to discuss some interesting signs and symptoms of improper vitamin D synthesis, as well as whether you should supplement (either prescription or over the counter) with vitamin D. But first let's talk about how and when your body gets D from the sun.

Free Vitamin D—At Specified Times

Latitudes above 40 degrees north (New York City and Denver) will experience vitamin D winter from around November through early March. Between 0 degrees to about 35 degrees north or south will allow for year-round vitamin D production, with higher levels closer to the equator. Where I live in central North Carolina, we're just above 35 degrees, so we can estimate that our vitamin D winter is three months long—December, January and February—with November and March providing some UVB days. An interesting and fun fact is that if your shadow is longer than you are tall (an indicator of the oblique angle of the Sun), you're not making much vitamin D. So check your shadow!

For optimum vitamin D production, sun exposure should be between the midday hours of approximately 10 a.m. and 2 p.m. These hours will also vary slightly according to latitude. The closer to solar noon, the more vitamin D produced. During a summer day around noon in Miami, an individual with moderate skin pigmentation would require approximately six minutes to synthesize 1,000 IU of vitamin D. However, at the same time in Boston, it would take that same person ten times longer—one hour! Around January and February is typically a great time to take a tropical (or at least a southerly) vacation.

Speaking of skin, the amount of skin exposed is important. At least 40 percent of the entire skin surface should be exposed for optimal vitamin D production. The torso produces the most, the legs and arms some, and the hands and face very little or none at all. Go topless!

Melanin is the pigment that determines our skin color; it is nature's built-in protection against skin damage from excess UV exposure. This is why those whose ancestry is native to regions near the





equator have darker skin than those native to regions located at higher latitudes. It's also why those with darker skin living at higher latitudes have a higher prevalence of vitamin D deficiency—especially those individuals who also live at low elevations, since UVB rays diminish as elevation decreases.

Another factor that affects UVB-ray and vitamin D exposure is age. Vitamin D synthesis can take up to four times as long for those over the age of 60 and under the age of 20, apparently due to having less cholesterol in the skin. Some claim that many soaps and lotions can negatively affect skin cholesterol levels and therefore impair vitamin D production. Sunscreen also blocks the absorption of vitamin D; an SPF as low as 8 can block as much as 95 percent of vitamin D production. Statin medications (like Lipitor, Zocor, Crestor and Pravachol) not only block the production of the important antioxidant CoQ10, but they hinder vitamin D, as well.

Glass also significantly limits, if not eliminates UVB exposure—so sitting in a sunroom will not increase your vitamin D level much, if at all. Indoor tanning beds and sun lamps do provide UVB rays, and therefore can provide vitamin D, but they should be used sensibly due to their direct exposure.

How Does One Actually Make Vitamin D From the Sun?

Once UVB rays from the sun penetrate the epidermal (outer) layers of the skin, cholesterol (7-dehydrocholesterol) in the tissue of the skin then absorbs this UV light to make vitamin D₃, also known as cholecalciferol. This further goes on to become 25-Hydroxycholecalciferol, (25(OH)D, also known as calcidiol), in the liver, which happens with adequate niacinamide (vitamin B₃) and magnesium levels. The 25(OH)D level is the one that is the best indicator of vitamin D status. Then, with some more niacinamide and iron, it becomes 1,25-dihydroxycholecalciferol (calcitriol) in the kidneys. This is the most hormonally active form and our most potent steroid hormone, which controls the expression of many of our genes.

The hydroxylation (OH) steps just mentioned in the liver and kidney are highly dependent on antioxidants such as vitamins A, C and E, in addition to niacinamide, magnesium and iron. Other nutrients such as vitamin K, boron and calcium are also very important for the absorption and synthesis of vitamin D. Healthy fats play an important role in vitamin D absorption, too, especially the fats we recommend in a Paleo Diet: pastured meats, wild fish, eggs, butter and coconut.

Blood Testing for Vitamin D

The optimum serum level of 25(OH)D is thought to be between 50 and 80 nanograms per milliliter (ng/ml), although nobody is quite certain, and it may very well be specific per individual. In other words, you may be fine if your 25(OH)D is 50 ng/ml, yet someone else may need 80 ng/ml. If your level is much lower than 30 or 40 ng/ml, you may need to supplement with some Vitamin D₃ (not D₂), as even an adequate diet and sun exposure may not be enough.

Plus, it is not necessarily as simple as what we hear in the news that “everyone needs to take vitamin D.” What many people do not know is that 25(OH)D can be converted in large quantities to 1,25(OH)D when there is an infection, as well as with autoimmune diseases such as rheumatoid arthritis and Hashimoto's. Excess intake of vitamin D is also linked to chronic diseases and obesity.

So if you're taking vitamin D because your doctor told you to based on your 25(OH)D blood results, you should be aware that your body perhaps wants to keep that 25(OH)D low, because if it

were to increase it more, you might provoke an infection or illness—and that's a really bad idea. If your 25(OH)D is low, it can be beneficial to also check your 1,25(OH)D level, to make sure it's not too high. Unfortunately, you might have to fight with most doctors to get this checked.

The Lowdown on D


Vitamin D takes calcium from the digestive tract and brings it to the blood where it can then head off to perform many of its functions such as building bones, pumping the heart and contracting your working muscles. Healthy fats in the diet are required for these functions, especially driving calcium into the muscles to prevent cramping.

If you've ever had a “charley horse” calf cramp at night, this is typically due to calcium starvation in the tissues. Usually this is not a need for more calcium, but rather those fats we recommend in a Paleo diet. Sometimes vitamin D is also needed. If you're susceptible to nasty cold sores, that can also be due to a calcium/vitamin D/fat imbalance. Even though the cold sore is caused by a virus, it is the balance of these nutrients that keeps the virus in check.

Sunburned individuals are often receiving too much vitamin D and not enough healthy fats, calcium or antioxidants in their diets (poor hydroxylation). So a diet higher in healthy fats as well as antioxidant-rich foods such as colorful fruits and vegetables will not only help with vitamin D absorption, but also prevent sun damage. People who get thick, leathery skin from too much sun exposure are often dealing with too much vitamin D and a lack of healthy fats in their diet, which creates a calcium starvation problem in the tissues.

This is important: Vitamin D₂ (ergocalciferol) is for plants and fungi. Vitamin D₃ (cholecalciferol) is for humans! From my experience, taking the prescription dose of 25,000 to 50,000 IU of vitamin D₂ (Deltalin, Drisdol or Calciferol), and especially the calcitriol medications (Rocaltrol, Calcijex or Decostriol) is harmful to patients and quickly results in problems with even just one pill a week. Not once have I seen a patient not react to these medications—ranging from muscle aches and headaches to digestive problems and fatigue. Of course, I have to say here to check with your prescribing physician—and maybe educate him or her if necessary!

I and many other physicians have had tremendous success with patients taking 5,000 to 6,000 IU of vitamin D₃ once a day and dosing kids at 1,000 IU for every 25 pounds of body weight. Some people may need as much as 10,000 IU a day for a very short time—but always of D₃. Some studies have also shown that you will increase your vitamin D absorption by more than 50 percent if you take your D₃ supplement with a fatty meal (one that includes coconut oil/milk, egg yolks, avocado, butter and so on).

Vitamin D, along with a host of other antioxidants, especially vitamin A, is key to the proper operation of the innate immune system—this is what defends your body against all infections. Yet dietary fats may be the most important factor when it comes to absorbing vitamin D and keeping it active in your body. Many people do not eat enough fats, even those following a Paleo diet. Consuming more fats will help with hormonal production, skin and hair luster, and your overall physical and mental stamina and acuteness. So eat more fat, take a winter vacation and keep an eye on your D! 



Sweet Potato-Carrot Soup with Candied Pecans



Chef Nathan Lyon

From “Great Food Starts Fresh”

Yield: 6 to 8 servings

7 medium carrots, peeled and chopped roughly (3-1/2 cups)
2 medium sweet potatoes, peeled and chopped roughly (3 cups)
1 large apple, peeled, cored, and chopped roughly (2 cups)
4 cup chicken or vegetable stock
2 tsp fresh ginger, peeled and grated on a Microplane
1/4 tsp ground cinnamon, plus more to taste
1/16 tsp cayenne pepper, plus more to taste
1 TBSP honey, preferably orange blossom
2 TBSP freshly squeezed lemon juice, divided, plus more to taste
3 TBSP extra-virgin olive oil
Kosher salt, to taste
Freshly ground black pepper, to taste
Candied Spiced Pecans, for serving
Fresh flat-leaf Italian parsley, chopped roughly, for serving

Combine the carrots, sweet potatoes, apple, and stock in a large saucepan over high heat. Cover and bring to a boil, then reduce the heat to low and simmer for approximately 30 minutes until both the sweet potatoes fall apart and the carrots are soft and can be pierced easily with a fork. Remove from the heat.

Blend the mixture to a smooth texture carefully with an immersion blender.

Add the grated ginger, cinnamon, cayenne pepper, honey, lemon juice and olive oil to the saucepan and continue to blend. Season to taste with additional lemon juice, salt and pepper; add more cayenne pepper for heat and more cinnamon for sweetness.

Serve in soup bowls topped with candied spiced pecans and chopped parsley.

Citrus Tahini Kale & Sweet Potato Salad

2 sweet potatoes, peeled and cut into 1/2-inch cubes
2 TBSP coconut oil
2 garlic cloves, peeled and minced
4 wide slices of prosciutto, sliced into small pieces
4 cups kale leaves, stems removed, cut into bite-size pieces
Salt and pepper

Citrus Tahini Dressing

1/4 cup freshly squeezed orange juice
1 TBSP freshly squeezed lemon juice
2 TBSP tahini
1/2 tsp apple cider vinegar
1/2 tsp ground ginger

Salad:

Preheat the oven to 450°F.

Place the sweet potatoes and 1 tablespoon of melted coconut oil in a medium mixing bowl. Toss to coat the sweet potatoes.

On a large baking sheet, place the sweet potatoes in a single layer. Cook for 15–20 minutes or until slightly tender; flip gently every 5 minutes.

While the sweet potatoes are cooking, melt 1 tablespoon of coconut oil in a medium skillet over medium-high heat. Add the minced garlic and sauté for 1 minute. Add the prosciutto, kale, salt and pepper; use tongs to stir for 2–3 minutes, until slightly wilted and bright green.

When the sweet potatoes are finished roasting, combine the kale and sweet potatoes, and top with the dressing.

Dressing:

Place the dressing ingredients in a small bowl and whisk by hand or with an immersion blender.

Citrus Tahini Kale & Sweet Potato Salad

When the days are short and the weather is bleak, a warm salad with a punch of citrus can add sunshine to a seemingly never-ending winter. The nutrient-dense kale and vitamin C-rich citrus supports our immune system when we need it the most. And most importantly, a salad of any kind is a friendly reminder that warmer days lie just around the corner.

Holly Marshall





Anna Hussein

Spiced Pork Tenderloin with Tamarind Sauce

Serves 2

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Inactive Time: 30 minutes

Total Time: 55 minutes

Tamarind is a great ingredient for adding acidity, in much the same way you would with a lemon or lime. Quite often the key ingredient in Indian food that you can't quite place but that you know brings it all together, tamarind is a useful addition to your repertoire. Here, we marinate thin slices of pork tenderloin in a mix of aromatic spices, add a base of fresh flavors such as garlic, onion and ginger, and serve over a crunchy, sweet salad. The tamarind sauce, drizzled across the top, completes the dish with its unique mystery.

Spices are best used freshly ground; if you're going to the trouble of maximizing your health through food, then a few extra steps is surely worth the effort. Invest in a good coffee grinder and you'll always have fresh spices in hand in minutes.

400 g pork tenderloin, sliced

Spice Blend

1 tsp cumin seeds
2 tsp coriander seeds
1 black cardamom
1 tsp black pepper
1 tsp dried curry leaf

Base

1 TBSP lard
1 onion, sliced
1-inch piece ginger, grated
1 clove garlic, grated
1 tsp turmeric, fresh or dried
2 hot red chili peppers, sliced or chopped

Salad

1/4 red cabbage, sliced
1 carrot, grated
2 fresh apricots, chopped
2 handfuls baby spinach leaf

Garnish

2 TBSP cilantro, chopped
2 spring onions, chopped
2 TBSP raw cashew nuts (optional)

Tamarind Sauce

1 TBSP tamarind paste
3 TBSP boiling water
1 dried date (optional)

Contrary to popular belief, not all spices improve with toasting. In this instance, though, the cumin seeds need to be toasted first.

Once the cumin seeds have cooled, grind all of the spices together to form a coarse blend.

Toss the sliced pork in the spices (no oil or liquid), and set aside for at least 30 minutes.

While the meat is marinating, make the tamarind dressing. Tamarind is most often found in block form, a bit like the dried date block that you would use for baking. Break a piece off the block and soak in the boiling water. Once it has melted down a little, the tamarind paste will stir into the water easily. The resulting liquid loses its acidity the longer you leave it. You can add the same amount of dried date purée to the mix, with a little more water, if you want to sweeten it. Bear in mind that once the dressing is on the salad and meat, the acidity will seem less pronounced. Taste the tamarind just before you serve, and if you feel it needs sweetening, add some date purée; it really is down to individual taste.

Toss the salad ingredients together and arrange on a serving platter. No oil or vinegar is necessary as there are plenty of flavors coming in from elsewhere.

To make the spiced meat, heat the lard in a frying pan over a medium heat. Cook all of the base ingredients, with an added pinch of salt, until the onions are cooked right down. Turn up the heat and add the meat. Your pan needs to be big enough to fit the meat slices in one layer; otherwise do this in two stages. If you overfill the pan, the meat will be tough as the residual heat will lower.

Cook the meat, stirring and flipping continuously, so that it mixes with the base and cooks right through. After about 8 minutes, or when the pork is cooked through, remove from heat.

Top the salad platter with the hot meat, garnish with the cilantro and spring onions, and pour over the dressing. A scatter of cashew nuts adds a nice textural element.





French Onion Soup

This is a great way to eat bone broth if you don't like the taste.

Hint: You can cook the onions with the olive oil in a crockpot for 6–8 hours if you don't want to stand over the stove and watch them cook!

Makes 2 quarts

3 lbs yellow onions
2/3 cup olive oil
6 cups bone broth or beef broth
2 tsp fresh thyme
1 bay leaf
2 TBSP red wine vinegar
1 cup shallots
2 tsp salt
Fresh pepper

Slice the onions and shallots. Sauté both with olive oil in a large pot over medium-high heat. Stir the onions every few minutes to be sure they don't burn. Cook until deep brown and caramelized, about 1 hour.

Remove 1 cup of the onion-shallot mixture and add to a blender. Add 1 cup of stock and blend well. Add back to the onion mixture and add the other 5 cups of broth, bay leaf, thyme, red wine vinegar and salt.

Cook for 1–2 hours over medium heat. Garnish with a few grinds of black pepper before serving.

Acquiring Wild Game: 3 Ways to Get It on Your Table



Fisher Neal



If you've ever eaten wild game in a restaurant, I'm here to tell you that you've been had. It may very well have been a relatively free-ranging member of the claimed species, but it was most definitely raised in a pen. There isn't a place in the United States where it's legal to sell the meat of a truly wild animal that was hunted or trapped. If you want to get your hands on the real stuff, there are only a few ways to get it.



Gift meat.

This way of getting wild meat is pretty straightforward. Go make friends with as many hunters as you can and ask for leftovers. Most successful big game hunters have some spare meat that they know they can't eat, and they end up giving it away to friends and family. While it's extremely unlikely that you'll get handed a pack of tenderloins, you could easily be gifted 5 to 20 pounds of lean ground venison, moose, elk or bear, and possibly even a roast or some steaks if they really like you. Prolific duck and goose hunters are also often willing to give away whole birds once they have freezers full of meat, though most bird hunters aren't able to harvest enough birds to reach that point.

Organs are more often than not either left in the woods to feed coyotes or tossed into the trash. I save the heart and liver from every deer I harvest and give them to a friend who loves them. Most any hunter would be happy to give the organs to somebody who would eat them. When you meet hunters, get their contact information and stay on them, especially in September (as the season starts) to remind them to save the organs, and again in January when hunting season is over and the freezer is full.

Another possibility worth considering is cost sharing. Most hunters love to hunt so much that they'll take just about any excuse or opportunity to get out—but it gets expensive. Gas, permit and butchering fees alone often add up to hundreds of dollars per animal. Once a deer or two is in the freezer, most hunters call it quits rather than spend the money to hunt animals they can't eat. While it's illegal to buy or sell the meat, if somebody were willing to chip in for gas and the butcher, you might just talk that hunter into hitting the woods again and sharing a large portion of the harvest with you.

Bones.

The number of free deer bones you could get a hold of is way beyond what one family could eat. Most deer hunters take their deer to a butcher who cuts and packages the animal, mostly bone free. Hundreds of pounds of bones go in the trash weekly at every deer processor in America—many of them with a good amount of meat still on them. All you have to do is find a butcher that processes deer, and they will be happy to give you as many bones as you'd like. They'll often even chop them up a bit to make transport easier. Just make sure you call them ahead of time so they don't throw the bones into an unsanitary place before you get there.

The toughest part of this method is actually just finding and reaching the butchers. Most of them cannot be located with a Google search, as they are mom-and-pop-type operations being run out of a converted garage way out in the suburbs somewhere with no need to advertise. When you search, don't just look up "butcher"; search for "deer processor" and "deer processing." A search for "deer butcher" will give you a lot of hits for businesses that have nothing to do with wild game. If you don't find what you're looking for, look in your state wildlife regulations guidebook, a PDF of which can usually be found online. Also, in most states there is an online forum where hunters share photos, stories, and information, and there is nearly always a thread listing reviews of butchers that people have used. I have also located a few butchers using Yelp. One last thing: Expect to drive 30 to 60 minutes to get to the closest deer processor, especially if you live in a big city. It won't be a convenient trip, but if you go at a busy time like the week after the season opens, you could easily bring home a year's supply of broth bones for only the price of your gas.

Hunt it yourself.

This is the ultimate Paleo meat experience, but it isn't for everyone. Hunting is a time-consuming, expensive, labor-intensive activity. You need to buy or borrow equipment. The learning curve is steep. Without a mentor to help you, it will most likely take a couple seasons before you are competent, and a few more before you're good at it. It requires learning a large number of skills, taking a hunter safety course, and learning the complex and often confusing regulations. Then you have to find places to go and learn about the land, the animals, the weather and how they all affect the things you must do to be successful. Finally, you have to get out there to put in the time, do all the right things and hopefully have some luck. Despite all of the hurdles, not many culinary experiences compare to the satisfaction of cooking a meal with meat you hunted yourself, and it's just about the only way you'll get to eat the tenderloins. 🐾

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