

Common questions about the Paleo Challenge with Dr. Scott Tesoro

Q: What is “The Challenge”?

A: A six-week guided program designed to introduce participants to the scientific underpinnings of paleo nutrition. Challenge leaders, Dr. Scott Tesoro and his wife and paleo home chef, Laurel, give participants a framework and practical support for implementing paleo eating into everyday life.

Q: What is Paleo Nutrition?

A: A philosophy of eating supported by current science. Paleo foods include vegetables, meats, fruits, nuts, seeds, eggs and healthy fats. These are foods that modern humans and early humans have eaten for millions of years

Q: What are the benefits of going paleo?

A: A paleo diet regulates blood sugar and lowers inflammation. Medical science recognizes the link between high blood sugar and chronic inflammation and many of the diseases plaguing modern society. By eliminating grains, sugars, processed foods, unhealthy oils and most dairy, you will:

- Experience renewed energy, eliminate cravings, balance mood swings and boost physical performance.
- Reduce your risk for diabetes, metabolic syndrome, cancer, heart disease and dementia.
- Lower blood pressure, improve cholesterol profiles and reduce or eliminate dependence on drugs that address these symptoms without addressing the root cause.

Q: Will I lose weight?

A: Shedding unwanted pounds is a side effect of going Paleo. Fat loss occurs **WITHOUT** the constant hunger pangs typical of most weight-loss diets.

Q: Why Dr. Scott’s Paleo Challenge?

A: There are many versions of Paleo ranging from good to bad to downright ugly! With 30 years of nutritional study, Dr. Scott created this exclusive program to harness the genetic predisposition toward health shared by all humans. Having refined the program over several years, he offers a system that is easy to follow and sustainable for life. Not only does Dr. Scott introduce you to a paleo way of eating, he empowers you to take control of your wellbeing through education about human nutritional needs. Having guided hundreds of people down the paleo path, Dr. Scott and Laurel are uniquely qualified to support, troubleshoot and inspire those new to paleo.

Q: Isn’t paleo just a lot of meat? I’ve heard it’s unhealthy.

A: “All meat” is one of the ugly versions of paleo. This misinterpretation of paleo illustrates why it is so important to find the right guide. Done correctly, a paleo eating plan includes large amounts of vegetables and fruits, along with healthy fats and reasonable amounts of meats and proteins. Who would criticize a meal of roasted squash, spinach sautéed with olive oil and garlic and roast chicken?—a great paleo meal

Q: How does the Challenge work?

A: After registering, attend ONE orientation meeting (times below). Dr. Scott and Laurel will provide all of the information and material you need for a successful transition to paleo eating. There are no further required meetings but you will be well supported throughout the challenge.

Each week you will receive emails from Dr. Scott and Laurel to enhance your paleo education. These emails review scientific topics as well as offer practical advice for cooking and shopping along with many delicious paleo recipes. Dr. Scott and Laurel are available to support, answer questions and offer advice as you take control of your nutrition and your health.

Q: Are any medical tests required?

A: Although no testing is required for the Challenge, there are several optional tests available. Dr. Scott has teamed up with Glenwood Medical Associates to offer significantly discounted Pre and Post Challenge body mass scans, blood lipid and glucose testing. As well, for a complete understanding of your health status, Dr. Scott recommends Vitamin D and Omega Fatty Acid testing which can be done at Sopris Chiropractic.

WHEN? WHERE? HOW MUCH?

Paleo Challenge: October 14-November 25, 2015

Mandatory orientation meeting:

Monday, October 12, 6:30-8:30, Sopris Chiropractic, Alpine bank Building, Willits

Cost:

Regular price: \$149 single person/\$259 for couples (savings of \$20/person).

Crossfit Discount: \$99

Repeat Challengers: \$79

We highly encourage significant others to “go paleo” together for increased success.

Register:

Register and pay at SoprisChiropractic.com/specialoffer or call the office 970-927-9204

Further Questions? Call Dr. Scott at 970.927.9204/970.379.5017 or email: scott@soprischiropractic.com

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