

WHAT PAST PALEO PARTICIPANTS HAVE TO SAY ABOUT THE PROGRAM:

I am now a true believer – I went today for the repeat of my tests at GMA, and while I don't have the lab results yet, I lost 4 pounds and my body fat percentage went from 22% (which I was thrilled with at the time) to 16.5%! Truly amazing.

I cut nearly 5 minutes off my time (from 34:43 to 29:53). In today's workout I was 4 toes to bar shy of completing 9 rounds whereas 2 months ago I only finished 7 rounds. And this time I touched my toes to the bar on every rep while last time I probably touched on no more than half of the reps. Woohoo! Jody, crossfitter

I have been following paleo 100%. I do not feel deprived at all. I can definitely feel and see the difference. Inches and pounds for me. I am loving this and I plan on making this my lifestyle. I am trying different recipes and I have to say thank you Laurel...I introduced this to my stepmother. She carries her weight in the hip area and has tried everything, even diets that are not safe. She has made it one week and has lost 2 lbs. and several inches. Just want to thank both of you for the emails and recipes. Janelle

I do know I look and feel different and want to continue doing Paleo for the rest of my life.
Rona

Thanks for doing this and getting the word out. It sure has made a profound difference in my life. -Kim

Paleo educated me about food choices. As tough as it was at first, after a few weeks the cravings for sugar and dairy primarily disappeared. Food tasted better, different. Although the scale did not move as much as I hoped, my body changed. My clothes fit better and I felt better! Carol

Scott, I would like to thank you and Laurel for everything you did, and all your time that you put into the paleo challenge. I know that it changed my life! I don't think I can be a "Paleo machine", but I think I definitely can and want to be 100% paleo 80% of the time... I have told everyone about paleo and what a great thing it is, because they all want to know why I've lost so much weight... Again thank you guys so much for introducing L... and I to paleo. Tim

I actually feel a lot better eating this way and seem to be getting my energy back!! There have been some great recipes and even my husband is enjoying some of them! -Christina

I have enjoyed shifting gears with more commitment to Paleo. Funny how easily it comes with practice. By default, my husband is now on board as well! Without feeling like I am accountable to anyone, how quickly cheese went away, sugar disappeared and new recipes are showing up. -Meegen

I have been so, so, so good on the challenge! Had a conference in Denver and managed to find what I needed to eat pretty well, did not deviate from the plan... Huge for me...I have my mother and husband eating Paleo about 90% of the time and enjoying it very much. That helps me too.

Really enjoying Laurel's recipes! -Jill

I have felt so much better; no problems with digestion and have more energy. Rona

I am 7 days into the Paleo Challenge and feel very good, down 7 lbs. in the first week. I have been very disciplined about avoiding the old standbys ... no more dairy, no grain, no sugar, no beans, no pasta, no potatoes. Frank

Paleo is growing on me and I can see how it will become part of my daily life. I have been able to bypass most of the food temptations that I am surrounded by and stay focused.
Erica

I'm much more aware of when I'm not Paleo. I don't think I'll ever eat anything without considering whether it's Paleo or not. Katie

I would recommend the Sopris Chiropractic Paleo Challenge to others because of the price, the weekly information, the food logs and the paleo potluck at the end. That was fun! Steph

I appreciate all the emails and the direction on the Paleo "path". I am feeling great, probably following all 90%, and have lost about 1lb/week. Kim

Many thanks to Laurel and her recipes that include not only Paleo ingredients, but love. (Which, of course, is what cooking is all about.) Those were greatly appreciated. Kate

I'm amazed at how easy the switch to paleo has been. I may need to buy another belt in another month or so. A.S.

I have seen how my body responds when I eat quality paleo foods and that is the ultimate incentive to keep my diet as clean as possible! Erica

Thanks again for all the support and encouragement the last couple of months. This challenge has been a great experience. Jody