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# Living Paleo

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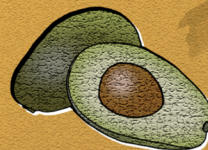
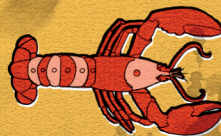
- Lose weight with the Paleo lifestyle
- Improve your health and longevity
- Make Paleo-friendly dishes for every meal of the day
- Look, feel, and perform your best
- Tackle high-intensity workouts

### Melissa Joulwan

Author of *Well Fed: Paleo Recipes For People Who Love To Eat*

### Dr. Kellyann Petrucci

Coauthor of *Boosting Your Immunity For Dummies*



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**by Melissa Joulwan and Dr. Kellyann Petrucci**



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# About the Authors

**Melissa Joulwan** is the author of *Well Fed: Paleo Recipes for People Who Love to Eat* (Smudge Publishing, LLC) and the author of the recipes and Meal Map included in the *New York Times* Bestseller *It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways* (Victory Belt Publishing). Her recipes have appeared in *Paleo Magazine*, and she was a featured chef for U.S. Wellness Meats and Lava Lake Lamb. She also teaches Paleo cooking classes at the Whole Foods Culinary Center.

Melissa has been following a strict Paleo diet since 2009, when she underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and mental well-being. Her experiences are chronicled on the popular, award-winning blog *The Clothes Make The Girl* ([www.theclothesmakethegirl.com](http://www.theclothesmakethegirl.com)), where she writes daily about the Paleo lifestyle, recipes, fitness training, yoga, meditation, and motivation.

Melissa is also a community ambassador for *Experience Life* magazine, a contributor to health and fitness periodicals, and a frequent presenter at Paleo conferences.

**Dr. Kellyann Petrucci** earned her bachelor's degree from Temple University, hosted her alma mater's Department of Public Health Intern Program, and mentored students entering the health field. She earned her master's degree from St. Joseph's University and her Doctor of Chiropractic degree from Logan College of Chiropractic/University Programs, where she served as the Postgraduate Chairperson. Dr. Kellyann did postgraduate coursework in Europe. She studied Naturopathic Medicine at the College of Naturopathic Medicine, London, and she is one of the few practitioners in the United States certified in Biological Medicine by the esteemed Dr. Thomas Rau, of the Paracelsus Klinik Lustmühle, Switzerland.

In Dr. Kellyann's many years in a thriving nutritional-based practice and consulting, she's helped patients build the strongest, healthiest body possible. She learned early on that looking and feeling amazing came down to learning simple, principle food values that made astonishing differences in people's lives. She realized that deep nutrition wasn't about fancy powders, ancient elixirs, or the latest creams; it was about reprogramming the body to get back to the basics and eat the way people were designed to eat. She found the principles of living Paleo to be the key for those who want to lose weight, boost immunity, and fight aging. Dr. Kellyann has seen so much success from those eating Paleo that she feels a moral obligation to spread the message of eating real food.

Dr. Kellyann is the coauthor for the health and lifestyle book *Boosting Your Immunity For Dummies* (Wiley). She also created the successful kids' health and wellness program Superkids Wellness and developed the PaleoSmart System and International Wellness Consulting.

You can find free nutritional videos and a weekly dose of news, tips recipes, and inspiration on her website [www.DrKellyann.com](http://www.DrKellyann.com).

## *Dedication*

**From Melissa:** I dedicate this book to my husband, Dave, for always approaching the dinner table with an open mind and an open heart; you're my favorite taste-tester. And to my parents, Tom and Roni Joulwan, thank you for letting me be weird, for teaching me how to play in the kitchen, and for proving that love and food can be happily intertwined.

**From Dr. Petrucci:** I dedicate this book to my boys: my husband Kevin and my little guys John and Michael. There were a lot of "no's" and "no shows" during the creation of this book, and they were always positive and did what it whatever it took to make my dreams flourish. Kevin, thanks for all of the paleo meals you created for us while in the throws of my writing. It wasn't always easy wearing so many of the household hats, and you done good! And I can't forget the eager faces of my little boys, with their bright eyes and sparkly smiles, asking me, "What page are you on now?" (every ten minutes) and saying, "Really, Mom, you're going to be in a bookstore?" You injected every tireless writing day with a burst of sunshine. I will never take for granted a single day I share with my boys! And for my parents, John and Ellie, who have always taught me that if I make value-based decisions, the world will unfold as it should, when it should. Thank you Dad for teaching me how to be an entrepreneur. And Mom, you're such a beautiful artist. Thank you times ten for always embracing and enriching my creativity. I also dedicate this book to my sister, Dr. Kathleen Petrucci, and her husband Glenn. Kathy, I respect your grit and good-spirited high energy more than you'll ever know. I love sharing the "twin syndrome" with you. I'm so glad I have you and Glenn to chew the paleo fat with! To my brothers, Joseph and John Michael, who have added so much joy and laughter to my life, thank you for forever making my life rich! And to Dr. Jennifer Bonde, who will always be my dearest friend on the planet. She may not be my biological sister, but she is a sister of the heart. I'm so glad my life's journey has you in it! Finally to Pamela and Andrew Carroll, I admire your determination to find solutions and your love of the power of paleo. I value all of our exchanges and find it heartwarming watching you skillfully sharing your passion with others.

# *Authors' Acknowledgments*

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**From Dr. Petrucci:** Thank you to my talented coauthor, Melissa Joulwan, for taking a leap of faith and for all of the heart-to-hearts along the way; I respect her talents a great deal. I also feel deep gratitude and will be forever thankful to my agent, Bill Gladstone, of Waterside Productions for giving me my first "break." I'm grateful he not only believed in me, but encouraged me to roll the dice and go for it. And to Margot Hutchinson of Waterside Productions who made fantastic deals happen along the way and truly cares about my future — you're a good egg, Margot! Also, thank you to all the masterful pros at John Wiley & Sons: Acquisitions Editor Tracy Boggier, who worked like mad to shepherd and organize this title, and to the Project Editor Tim Gallan who kept the quality up, and the stress low. Thanks Tim. To Scott Frishman (a.k.a. Tell It), thank you for all of the guidance. And thanks to Rick Frishman for making the magic happen in so many of our lives. To all of the doctors, coaches, and business leaders that I have learned from in the last 30 years, your messages and inspiration will always be pieces of my life's quilt.

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