

Front Range CrossFit Nutritional Reading List:

The Weston A. Price Foundation: <http://www.westonaprice.org/>

Weston A. Price is one of the founding fathers of the primal diet and was responsible for studying a number of primitive cultures and their diets. It was through these studies that he discovered that their “primitive diet” provided a life free of many of the diseases we experience in our industrialized societies. You’re going to be hard pressed to find a site with more information concerning the science of a primitive diet.

This is a very detailed explanation of the importance and different kinds of fat:

<http://www.westonaprice.org/knowyourfats/index.html>

<http://www.westonaprice.org/knowyourfats/skinny.html>

Here is an article on the “Skinny on Fats” and explains the Cholesterol Myth: <http://www.westonaprice.org/The-Skinny-on-Fats.html>

<http://www.westonaprice.org/The-Cholesterol-Myths-by-Uffe-Ravnskov.html>

Here is an article on what causes heart disease (More importantly...what doesn't): <http://www.westonaprice.org/What-Causes-Heart-Disease.html>

Marks Daily Apple: www.marksdailyapple.com, **The Primal Blueprint** by Mark Sisson.

He writes in a very easy and fun to read format. He tackles very technical topics and practices what he preaches. There is a wealth of information on this site.

Here is a great article on building muscle: <http://www.marksdailyapple.com/gain-weight-build-muscle/>

Here is an article on reducing inflammation: <http://www.marksdailyapple.com/naturally-reduce-inflammation/>

Here is an article on Cholesterol tests: <http://www.marksdailyapple.com/blood-test-markers/>

Here is an article on what Cholesterol really is: <http://www.marksdailyapple.com/cholesterol/>

Here is the definitive guide to fats: <http://www.marksdailyapple.com/fats/>

Here is the definitive guide to Fish Oils: <http://www.marksdailyapple.com/fish-oil-health-benefits/>

Here is the definitive guide to Oils: <http://www.marksdailyapple.com/healthy-oils/>

Here is the definitive guide to Saturated Fat: <http://www.marksdailyapple.com/saturated-fat-healthy/>

Here is a Chart of Omega-3's in Foods: <http://www.marksdailyapple.com/omega-3-fish-oil-food-quantities/>

Barry Groves PHD: www.Second-Opinions.co.uk

Dr. Barry Groves is the author of “Eat Fat, Get Thin” and “Trick or Treat” (This book is a fantastic look at all the information we are currently told is healthful, and how it is leading us to become the most unhealthy humans on record.) The website has a number of great articles on saturated fat and the effects of a low carb/high fat diet on our health. He breaks the site down by diseases (cancer, diabetes, alzheimers, acne) and gives information, and the clinical studies, necessary to illustrate the roll diet can play in the creation of these diseases.

Here is the first of a multi part discussion. All the parts are links at the bottom of this first part.

<http://www.second-opinions.co.uk/cancer.html> There are three links in this article worth reading: 1) Should All Animals Eat A High Fat Low Carb Diet 2) Digestive Differences Between Herbivores and Carnivores 3) Diet and Disease

Here is the first article and the links are at the bottom of the page.

<http://www.second-opinions.co.uk/should-all-animals-eat-a-high-fat-low-carb-diet.html>

This article has to do with the temperature and changes at temperature of oils (Fats).

<http://www.second-opinions.co.uk/temperature-of-oils.html>

More on the importance of fats
<http://www.second-opinions.co.uk/love-fat.html>

This is great commentary on a Vegetarian Diet
<http://www.second-opinions.co.uk/naiveveg.html>

Here is a great article on whether or not Cholesterol is the cause of heart disease: <http://www.second-opinions.co.uk/interview-with-uffe-ravnskov.html>

Here is another article on the Myth of Cholesterol: http://www.second-opinions.co.uk/cholesterol_myth_1.html

The PaleoNu by Dr. Kurt G. Harris: www.paleonu.com

The site was created by Dr. Kurt G. Harris who specializes in neuroradiology and is an avid practitioner of the Paleolithic Diet. He is ALL SCIENCE and no fluff and puts all theories to the test. The blog was originally only meant to be seen by his fellow colleagues to discuss the science in diet. It can be technical at times, but the message is always clear. He does a decent job of making very technical topics accessible to the general public.

Here is an article on saturated fats: <http://www.paleonu.com/panu-weblog/2009/6/22/fats-and-oils.html>

Here is an article on Crossfit: <http://www.paleonu.com/panu-weblog/2009/12/25/panu-eating-and-high-intensity-training.html>

Here is an article on the effects of Cardio: <http://www.paleonu.com/panu-weblog/2009/11/1/cardio-causes-heart-disease.html>

Here is an article on why Athletes don't need carbs. They need fat: <http://www.paleonu.com/panu-weblog/2009/5/18/there-are-no-essential-carbohydrates-even-for-athletes.html>

www.FraminghamHeartStudy.org:

Study began in 1940 in Framingham MA under the direction of the National Heart Institute. The objective was to identify the common factors or characteristics that contribute to cardiovascular disease. The data has been collected for over 60 years.

www.ProteinPower.com by Michael R. Eades, MD

Dr. Michael Eades and his wife Dr. Mary Eades have written several books on the topic of Low Carb/High Fat/adequate protein diets. With their medical backgrounds they can very accurately break down claims and studies regarding the science behind food. They expose a number of myths and do so in a very accessible manner.

Here is a great article on diet studies: <http://www.proteinpower.com/drmike/cardiovascular-disease/are-all-diets-the-same/>

Here is a great article on Saturated Fat and Heart Disease: <http://www.proteinpower.com/drmike/cardiovascular-disease/saturated-fat-and-heart-disease-studies-old-and-new/>

Commentary on the Framingham Heart Study: <http://www.proteinpower.com/drmike/cardiovascular-disease/framingham-follies/>

“Good Calories Bad Calories” by Gary Taubes

“What is it's all been a Big Fat Lie?” By Gary Taubes, Published: July 7th, 2002 New York Times.

“Eat Fat Lose Fat” by Dr. Mary Enig and Sally Fallon

“What Causes Heart Disease?” Written by Sally Fallon and Mary G. Enig, PhD

www.ZoneDiet.com

The Zone Diet and The Omega RX Zone by Dr. Barry Sears

www.ThePaleoDiet.com

The Paleo Diet and The Paleo Diet for Athletes by Dr. Loren Cordain

www.StartingStrength.com by Mark Rippetoe

www.70sBig.com by Justin Lascek

www.RobbWolf.com by Robb Wolf

Hyperlipids: www.high-fat-nutrition.blogspot.com Dr. Petro Dobromylskyj (Dr.Pete) is an expert in the consumption of a high fat diet. He has a voracious appetite for devouring studies concerning the effects of a High Fat/Low Carb diet on both humans and our four legged friends. It's very technical and will require you have a Google page open to look things up as you go, but it is worth the effort.

Whole Health Source: www.wholehealthsource.blogspot.com Dr. Stephan Guyenet has a Ph.D in Neurobiology and conducts research on fat regulation. This is another great source for a very unbiased opinion on lipids and low carbohydrate diets. He is a strictly the facts and nothing but the facts guy.

Heart Scan Blog: www.heartscanblog.blogspot.com Dr. William Davis is a Cardiologist that is currently running a clinic which is successfully reversing the effects of coronary disease by utilizing a Primal Diet that is low in carbs and high in fats. With his medical background and clinical experience he provides an unmatched source of information concerning the diet and its effects on the cardiovascular system. This is a GREAT SITE if you have concerns about a diet that is high in saturated fats.

Men's Health:

An article on Understanding Cholesterol and Heart Disease:

<http://www.menshealth.com/men/health/heart-disease/understanding-cholesterol-and-heart-disease/article/34cf5983f7a75210vgnvcm1000030281eac/5>

Your Medical Detective.com:

Cholesterol and the Pharmaceutical Industry's Biggest Secret: <http://www.yourmedicaldetective.com/public/1016.cfm>

Better Know Your Triglyceride/HDL Ratio if You Want to Prevent a Heart Attack:

<http://www.yourmedicaldetective.com/public/523.cfm>

Ancestral Health Symposium:

http://www.ancestralfitness.org/Ancestral_Health/The_Human_Ecological_Niche_and_Modern_Health.html

Presenters (tentative):

[Stephan Guyenet](#), PhD, University of Washington, blogger at *Whole Health Source*

[Robert Lustig](#), MD, University of California, San Francisco (UCSF), "Sugar: The Bitter Truth"

[Staffan Lindeberg](#), MD, PhD, Lund University, Sweden, author of *Food and Western Disease*

[Nora Gedgaudas](#), CNS, CNT, blogger, author of *Primal Body, Primal Mind*

[Seth Roberts](#), PhD, Professor of Psychology, blogger, author of *The Shangri-La Diet*

[Doug McGuff](#), MD, blogger, author of *Body by Science*, owner of *Ultimate Exercise*

[Lynda Frassetto](#), MD, UCSF, Director of *UCSF Adult Clinical Research Center*

[Gary Taubes](#), MA, science journalist, author of *Good Calories, Bad Calories*

[Michael Eades](#), MD, blogger, author of *Protein Power* & other best-selling nutrition books

[Mary Eades](#), MD, blogger, author of *Protein Power* & other best-selling nutrition books

[William Davis](#), MD, blogger, author of *Track Your Plaque* book & program in cardiology

[Kurt Harris](#), MD, blogger at *PaNu* (nutrition from a Paleolithic perspective)

[Dr. B G](#), PharmD, blogger at *Animal Pharm & Nephropal*

[Don Matesz](#), MS, author of *The Garden of Eating*, blogger at *Primal Wisdom*

[Tom Naughton](#), blogger, comedian & writer/director of *Fat Head* movie

[Mark Sisson](#), author of *The Primal Blueprint*, blogger at *Mark's Daily Apple*

[Keith Norris](#), pharmaceutical industry, athletic/health trainer, blogger at *Theory to Practice*

[Lierre Keith](#), blogger, author of *The Vegetarian Myth: Food, Justice and Sustainability*

[Richard Nikoley](#), financial services industry, blogger at *Free the Animal*

[Skyler Tanner](#), blogger, strength & conditioning coach at *Efficient Exercise*

[Jen McCabe](#), blogger, CEO/Co-founder of *Contagion Health* & [getupandmove](#)

[Robb Wolf](#), blogger, strength & conditioning coach at *Cross-Fit NorCal*

[Brent Pottenger](#), MHA, University of Southern California, blogger at *healthcare epistemocrat*

[Loren Cordain](#), PhD, Colorado State University, blogger, author of *The Paleo Diet*

[Nassim Taleb](#), PhD, New York University Polytechnic Institute, author of *The Black Swan*
[Vivian Shelton](#), PsyD, clinical & bariatric psychologist, co-founder of *The Paleo Garden* blog
[Kevin Boyd](#), DDS, MS, Children's Memorial Hospital, *Darwinian Dentistry* innovator
Richard Jacobson, software company founder, cancer survivor, Vitamin D evangelist
[Matt Metzgar](#), PhD, State University of New York (Alfred), health/fitness blogger
[Craig Stanford](#), PhD, USC, Professor of Anthropology, Director *Jane Goodall Research Center*
[Bryce Lee](#), active military service, blogger at *A Student of Fitness*
[Richard Feinman](#), PhD, SUNY Downstate, Director of *Nutrition & Metabolism Society*
[John Durant](#), founder of *Hunter-Gather.com*, featured in *New York Times* & *Colbert Report*
[Erwan Le Corre](#), founder of *MovNat*, natural-evolutionary-situational movement
[Jimmy Moore](#), blogger, founder of *Livin' La Vida Low-Carb*
[Pedro Bastos](#), MA, MS, human nutrition consultant, researcher, lecturer, Lisbon, Portugal
[Frank Forencich](#), blogger, human biologist & author of *Play as if Your Life Depends on It*
[Daniel Lieberman](#), PhD, Harvard University, Professor of Human Evolutionary Biology
[Nell Stephenson](#), BS, USC EXSC, blogger, Paleo eating coach/fitness trainer, Ironman triathlete
[Mark Cohen](#), PhD, SUNY University Distinguished Professor of Anthropology
[Wild Fitness](#), transformative fitness vacations based on nature & evolutionary wisdom
[Melissa McEwen](#), blogger at *Hunt, Gather, Love*, featured in *New York Times* [article \(here\)](#)