

# REBEL HEALTH

## ABOUT THE LIFESTYLE

### WEBSITES

- <http://thepaleodiet.com> (Loren Cordain)
- <http://robbwolf.com> (Robb Wolf)
- <http://marksdailyapple.com> (Mark Sisson)
- <http://thewhole9life.com> (Dallas & Melissa Hartwig)
- <http://proteinpower.com> (Dr. Michael Eades)
- <http://balancedbites.com> (Diane Sanfilippo)
- <http://jackkruse.com> (Dr. Jack Kruse)
- <http://www.radiancenutrition.com> (Diane Rogers)
- <http://huntergatherer.com> (John Durant)
- <http://www.paleoista.com> (Nell Stephenson)
- <https://www.foundmyfitness.com> (Rhonda Patrick)
- <https://www.ketonutrition.org> (Dom D'Agostino)
- <https://nutrientoptimiser.com> (Marty Kendall)
- <http://perfecthealthdiet.com> (Dr. Paul Jaminet)
- <http://chriskresser.com> (Chris Kresser)
- <http://primalbody-primalmind.com> (Nora Gedgaudas)
- <http://evolify.com> (Andrew Badenoch)
- <http://fuelasrx.blogspot.com> (Amy Kabul, old site, good info)
- <https://www.trendfreerd.com> (Amy Kabul)
- <http://makeshifthappen.org> (Dean Dwyer for motivation!)
- <http://charlespoliquin.com> (Charles Poliquin)
- <http://www.primalbody-primalmind.com> (Nora Gedgaudas)
- <http://body.io> (John Kiefer)
- <http://www.docparsley.com> (Dr. Kirk Parsley)
- <https://chrismasterjohnphd.com> (Chris Masterjohn)

### BOOKS

- The Paleo Diet, Loren Cordain
- The Paleo Answer, Loren Cordain
- The Paleo Solution, Robb Wolf
- Wired to Eat, Robb Wolf
- The Primal Blueprint, Mark Sisson
- The New ME Diet, Jade Teta
- The Omnivore's Dilemma, by Michael Pollan
- Good Calories, Bad Calories, Gary Taubes
- The Primal Connection, Mark Sisson
- Generation XL, Joseph Mercola, MD
- It Starts With Food, Melissa & Dallas Hartwig
- The 4-Hour Body, Timothy Ferriss
- Practical Paleo, Diane Sanfilippo
- The Plant Paradox, Steven Gundry, MD
- Wheat Belly, William Davis, MD
- The Vegetarian Myth, Lierre Keith
- Protein Power, by Michael Eades, MD
- Why We Get Fat, Gary Taubes
- Why We Sleep, Matthew Walker
- Unconventional Medicine, Chris Kresser, MD

## FOOD/RECIPE RESOURCES

### WEBSITES/BLOGS

- <http://paleofood.com>
- <http://everydaypaleo.com>
- <http://cavegirlinthekitchen.blogspot.com>
- <http://thetrendfreerd.com>
- <http://paleomg.com>
- <http://seasidekitchen.blogspot.com>
- <http://paleotable.com>
- <http://huntergatherlove.com>
- <http://ancestralizeme.com>
- <http://balancedbites.com>
- <http://spicypaleo.com>
- <http://cosmopolitanprimalgirl.wordpress.com>
- <http://elanaspantry.com>
- <http://lifeasaplate.com>
- <http://foodloversprimalpalate.com>
- <http://nomnompaleo.com>
- <http://paleopepper.com>
- <http://primalbody-primalmind.com>

### COOKBOOKS

- Make It Paleo
- Sweet Potato Power, by Ashley Tudor
- Paleo Comfort Foods, by Julia Sullivan Mayfield
- Practical Paleo
- Well Fed
- Primal Blueprint Cookbook
- The Paleo Diet Cookbook
- So many to list!....