



The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days

Abel James

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As seen on ABC's *My Diet Is Better Than Yours*

Abel James, creator of the wildly popular *The Fat-Burning Man Show*, brings us a Paleo-inspired 40-day weight-loss program that helps readers ditch the processed foods, return to basics, and drop up to 20 pounds in 40 days.

Growing up on a farm in New Hampshire, Abel James ran wild and ate everything. Fresh zucchini in August, huckleberries by the fishing spot, kale all year round. But when he moved to the big city, he started eating a “modern diet” off the supermarket shelves and, by his early twenties, it showed. Abel's doctor recommended a low-cholesterol, calorie-restricted diet and frequent exercise, so he took to running thirty miles per week and nibbling low-fat food. But he only got sicker.

Now Abel eats like a king, never goes to the gym, and is in the best shape of his life. His plan is simple: eat plenty of whole and naturally edible foods, and be skeptical of manipulated, processed food products. Foods found in the wild will return the human body to its optimal fat-burning stage and reverse the damage done by decades of poor eating. Abel James shows that the answer to vibrant health doesn't live in a calorie-restricted diet, a magical fat-blasting pill, or a miserable exercise program. The secret is sticking to our roots and knowing where our food comes from. *The Wild Diet* is the key.

From the Trade Paperback edition.

The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days Details

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20 Pounds in 40 Days Abel James

From Reader Review The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days for online ebook

Jennifer says

I just received this amazing book a few days ago, and I'm already motivated! The chapters are easy to understand and Abel James has broken it all down for you. I'm still currently reading this book, but it has me motivated to try new dishes and understand more about what I put into my body. More quality and less quantity. Well, done. (haha, no pun intended.)

Mischenko says

I love this book! The wild diet is basically a paleo type diet. The book is easy to read and I love the photos.

Looking forward to more books by Abel James.

5*****

Elizabeta says

I've watched Abel's podcast for a year now and I was super excited to watch him on "My Diet is Better Than Yours" where he presented his Wild Diet. Well, it's not really anything new, it's just science and research. All the basics of healthy food are presented here, nothing too complicated, just a little bit of everything.

Many people complain that organic is too expensive and hard to find, and we can't all raise chickens and tomatoes. Well, it's not his fault. He is just telling the facts. Just do the best you can.

Donna says

This was a reread this year. I didn't like it as much as I did before. I'd give it 3 stars today, but the author is still charming and I liked his straight forward approach with his plan.

Abel James, the author and narrator, comes across as quite charming in this book. He seemed like someone I could relate to. He presented his point of view, backed up with recent science, in a straight forward way. I've read quite a few books that promote this type of life style. The first one was a year or so ago, and I remember thinking "fad". The next few had me saying, "no way". Then the 2 I read last fall, had me saying, "maybe". This one, while similar to all the others, focused a lot on exercise as well, (more so than the others). I had to laugh as I found myself eyeing my spin bike when I got home from work. So 4 stars.

Laura says

Good information, and I love most of the recipes, but I don't like reading books when the author reiterates 15 times the same story, or life philosophy, or what they ate that day. Nonfiction is awful.

Ken Harder says

I really enjoyed this book. Abel does a good job mixing science, information and stories in a way that kept me interested. The material is written such that a layperson should have no problem understanding.

David Baird says

This is a reasonable beginners book for ancestral nutrition. There's nothing new here that's not covered in any of the other (much better) Paleo books out there, but as there are no scientific references or indeed anything to back-up the assertions made, it's an easy and quick read for the uninitiated.

Even the writing style, which I found annoying, might appeal to those that have no clue that their low-fat SAD is killing them, but the author's constant bragging about how good he looks, how rich and famous he has become, well this is just irksome.

Try *The Paleo Solution* by Robb Wolf instead - also easy to read, but better written and better researched.

Scot says

I've followed Abel James for years now on his podcast and he, along with Nerd Fitness, have inspired me countless times to eat cleaner and healthier. This book is full of surprising and helpful information, as well as many recipes I can't wait to try.

Christy says

I'm back and forth with this book. It was well written and had good information. The diet sounds like it would work, however I'm just not sure if it is a long term possibility. I feel like people could have great success and then gain it all back when they decide to eat cookies again. But he sure was convincing.

Sienna says

I saw the title on the spine on the Bookmobile so I grabbed it & checked it out. Got it home before I even looked at the cover: eats lots, lose weight! Yuck. But I'm curious about clean eating so I looked at the introduction. The lean author & his slim wife pig out, look great, everybody astonished. Ugh. I am interested in being healthy &, yes, I could lose some weight. My idea of pigging out is making a salad that would serve 4 & eating it all. The book sat for two weeks until finally I decided to read it or return it.

It took me some time to get through the marketing slant to find that I really liked all the personality the author put into his book. He writes like he'd be fun to talk to (though I suspect he would do most of the

talking). I ended up really liking him.

He mentioned most of my favorite pieces of advice: eat local, seasonal; listen to your body; do what works for you; make small changes until you find they snowball into big ones; get the temptations out of your house (throw out all the wrong foods you have & don't buy that stuff any more); get lots of sleep... & added his own little tips on how to make all that easier. He brought together a lot of knowledge I've been gathering over the years & made it into a way of life I can follow, in my own way. He doesn't just talk about losing weight (& he says not to follow the pounds but how the clothes fit), he addresses most of the factors that go into being healthy & allows for splurges, variation, even what to do while sick or injured.

I've been aiming for clean eating (or his term wild diet, thankfully not trademarked) without knowing what to call it since I discovered the farmers market while at college in OlyWA. Over the years my diet has gotten cleaner & cleaner. My main remaining block is that I love my puffed grain with hemp milk, a dash of hazelnut milk, & strawberry (fresh, summer) or blueberry (frozen, winter) breakfast. I've tried smoothies for breakfast & the cool coastal climate I live in has made that less than appetizing for me. I love a light smoothie on a warm afternoon, but I feel like torturing my whole foods in a blender is just another way to eat processed food. I'd rather put fruit in my salad than have a green smoothie every morning.

James's statement that he didn't like the idea of a green smoothie every morning until he began to crave them after a few weeks keeps haunting me. My body has done that with so many things. Hated kombucha the first time I tried it. My sister gave me one I liked & I bought it a few times. Then I started craving it. Now I make my own & have some with my soaked chia seeds every day. The more I add in "good" or "clean" habit foods the more I crave them & the less I crave the unhealthy ones. Never had a big sweet tooth. Sometimes crave sugar about 9 pm but since I don't buy that stuff I don't eat that stuff. I do get to have a small pile of 70% chocolate chunks sometimes & I find that's plenty.

Every book on healthy eating I read contradicts the last one (or a whole lifetime of assumption) & that's true with this one. Biggest meal before bed & skip breakfast, what? As I said, I'm attached to my breakfast & that's also when I get to read... a little me time before a busy day. I find after reading this book (on top of all the others, like Clean Eats) I'm ready for change. Might even have to buy a copy.

B. says

Incredible. I've read just about every diet book on the planet...most recently I've read many books discussing "paleo" or "primal" solutions. I found this one actually entertaining, informative and light hearted. The author shows pics from before and after his "transformation". What's incredible to me is that this book reads more like a "do what I did" and get results instead of some ridiculously lofty and preachy BS with anecdotal success stories. I have tried similar approaches and they have worked, but this one has a few minor tweaks that I enjoyed- cheat meal, carb back loading, discussion of lectins and seasonality of food, sleep habits, practical advice on exercise, etc.

This book is the caboose or baby of a trilogy of books regarding this topic(I know there are hundreds, but these stick out in my mind as having similar structure and message). Big brother is the Paleo Diet(a bit rigid and stubborn, no excuses or exceptions made). The middle brother is The Primal Blueprint(a little bit more relaxed but definitely influenced greatly by his older brother). The Wild Diet is the baby brother(taken lessons from his bigs while taking a much more relaxed and carefree attitude about the task at hand-gets it done, but has fun doing it).

I recommend all of these books as well as great documentaries like Fat Head and the case against sugar to get you moving in the right direction. I plan to re-up on this lifestyle pathway as I have been lazy as of late and gained those pounds back which I lost before using this methodology prescribed in this book and others like it.

Bottom line: walk a lot, play outside with your friends, dogs, family, sleep a lot, drink water, eat a lot of veggies, animal and good plant fats and lean protein sources, lift heavy once/twice a week, cheat every now and then and sprint in short durations like a tiger is chasing you...do these simple things and the belly and bingo arms will go away

Jessie Ann says

Very informational and interesting! I got this book to help better understand the Wild diet, so I could see if this would be a good start for me! I like Able James and his ideas, but he does not give credit to his research so that was a bothersome. Since I like to know where research comes from and read articles about it, but I have done some of my own after reading this book. Looking forward to start this lifestyle change.

Chad says

I received this book from a Goodreads giveaway.

The Good:

- This diet will work if it is followed. It is basically a variation of other effective low-carb diets like Atkins or South Beach.
- I like that the author says to listen to your body, to do what works for you, and gives different variations to try, rather than trying to convince one approach will work for everyone.
- More of a holistic approach than other diet books I've read. Talks about the importance of spending time in nature and how your mental/emotional health can affect your physical health, etc. not just what to eat.

The Bad:

- I found the writing style dreadful. I only kept reading because it was free and a review was expected. It felt like I was reading the transcript of an infomercial.
- There wasn't really anything new or original in this book. It is basically a synthesis of all the health advice I've seen scroll through my Facebook feed in the last five years. Eat organic/free-range/gluten-free/sprouted/whole foods straight from the farm! Drink lots of water! Move your body around outside instead of sitting at a desk all day! Get lots of sleep! Our ancestors were healthier so let's be more like them!
- Way too much time was spent trying to explain "why" the author was giving his diet advice. You can easily skip to second half of his book where the diet plan is repeated in a summarized to-do list format.
- Much of his "science" was inaccurately described. For example: claiming that a genetic modification that kills the "bugs" that attack the plant will also kill the "bugs" that aid digestion in your gut. Just because you ignorantly refer to both insects and microorganisms as "bugs" doesn't mean they are going to be affected by the same chemical the same way. (I'm not a proponent of GMO crops but neither do I condone pseudo-scientific reasoning). The author does not back up his claims with citations or studies, etc. But it's OK because he assures us he totally talked to some scientists! and athletes! and shamans! It must be true!

The Ugly (Pet Peeves):

- Jocks who claim to be nerds because they keep track of their fitness metrics on a computer. News flash! It's the 21st century! Everyone uses computers now, not just nerds!
- Recipes for carbless "hamburgers". A hamburger is a type of sandwich. Sandwiches, by definition, involve bread. Without bread, the thing you are describing is a "salad". A salad with ground beef on it. Don't piss on me and tell me it's raining. (To be fair, every low-carb diet book seems to feel the need to include this travesty. See also: crustless pizza).

Kari says

I just finished reading The Wild Diet by Abel James. He isn't preaching anything we haven't heard before - eat food close to its source and avoid processed foods. But today he inspired me - again - to cut down on the amount of sugar I consume, and to reach for the greens as a first course and base for lunches at work. I am stocking up on the fruits and vegetables at the farmers market, and only eating when I am hungry. These are not radical concepts, but when I'm stressed, or when I've gotten out of touch with my inner self as I had recently, they are good reminders. James is a proponent of regular fasting - he eats his big meal midday and frequently fasts from dinner one night until lunch the next day. He dispels the notion that breakfast is the most important meal of the day. I've been moving away from eating as soon as I get up and find that I generally don't want to eat until I've been awake for 2-3 hours. I am a habitual snacker, so I'm not sure I will stop snacking entirely, but I've noticed this week that I frequently reach for food because I want to be distracted from the stress of the work in front of me. And that a better solution is to drink some water or get up and take a brief walk. I usually think of this type of deliberate attention to my nutritional needs as "mindful eating," but today I think I will call it "conscious eating."

Jillian says

This has changed my view on food and exercise.
