

For starters, don't be turned off by the word PALEO. Paleo's brand - what you think of when you hear the word - is in the process of changing. It is evolving. Paleo, cave man, diet, prehistoric, jocks... this is where the "brand" has been, but now new words, new meanings, are popping up, like lifestyle, state-of-mind, spirit, and even stewardship.

Here at Shepherd we have bought into paleo as lifestyle. What this means is that yes, we mainly practice a paleo-type diet, with ketogenic overtones, but paleo has become far more than just diet and exercise. Today we apply paleo thinking into the management of the Shepherd Research Center, including our agricultural processes, wildlife, fish and water. The results are a work in progress, but now, just a few years into this stewardship style, I am amazed. The changes that have come about as a result of this thinking, and the action that follows from it, are very, very compelling. And they extend far beyond just personal health.

When you are here I strongly encourage you to dedicate a portion of your time to our "Wild & Paleo" course, particularly if you manage property, or are part of a stakeholder group associated with property or water management.

As a teaser of sorts, I also recommend that you do some diligence around another word, BIOMIMICRY. There's a book by that name by Janine Benyus. It is an excellent read! Here at Shepherd you will be introduced to what happens when paleo meets biomimicry in a personal and property stewardship context.