

Mission Statement

PaleoWorks delivers nutritional coaching and lifestyle counselling, to individuals throughout the UK and operates as a privately funded not for profit social enterprise.

Launched in 2010 to provide education, support and advice based on a natural diet of nutritionally dense foods in support of optimal health and longevity, our nutritional programs use the proven evolutionary model as a main frame from which bespoke programs are tailored to suit individual needs. Based on the Caveman Diet, Paleo Diet or Stone Age Diet, this is a radical new, yet back to basics approach that guarantees results.

Our commitment and focus is on the specific needs of our customers, providing them with the nutritional knowledge and tools they need to live life in optimal health and condition whilst avoiding diseases associated to poor nutrition.

Paleoworks is separately driven to fighting the bigger issues around obesity and disease related to poor nutrition in the modern diet: to challenge conventional dietary wisdom and nutritional advice; to work with medical professionals, practitioners, clinics and care trusts in providing an alternative to drug and surgical alternatives; to practice a duty of care to clients and non clients; to communicate, educate and empower others to live a life free of the burden of excess weight as well as avoiding cancer, heart disease, diabetes, Alzheimer's, depression, metabolic syndrome, autoimmune and degenerate disease, by adopting a diet of nutritionally dense wholesome foods providing everything the body needs for optimal health and longevity.

Based in the Yorkshire (UK) our primary focus is at a local and national level, however international enquiries are also welcomed though level of service may be reduced.

M. D. Oliver – Managing Director

Paleoworks Ltd