



Embrace the New Healthy You with Paleo Diet

By Annabel Jacobs

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Caveman Diet, which is also called Paleo diet, is not just another popular diet. Paleo diet was designed based on the way cavemans eat during the Paleolithic Era. Their diet usually consist vegetables, fruits and meat from grass-fed animals. It encourages people to avoid processed foods and focus on eating low-carb foods and high-protein meals instead. The Embrace the New Healthy You with Paleo Diet will show you how to adopt a Paleo lifestyle in order to lose weight, feel healthy and energized throughout the day. It can also prevent common diseases such as hypertension, diabetes, cancer and heart disease. With this book, you can start enjoying the benefits of Paleo, fit and healthy both inside and out. The Embrace the New Healthy You with Paleo Diet is a comprehensive and simple guide in helping you shift to a healthy lifestyle. It is easy -to-read and straightforward but full of vital information needed for a successful transitioning. Helps you become familiar with Paleo Diet. Learn about its history and what science says about it. Equip your minds...



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