

Paleo Diet - Paleo For Beginners Weight Loss Guide Book Plus Paleo Cook Book and Paleo Recipes...Lose Weight Fast and Easy With The Paleo Way: (paleo, ... Diet and Weight Loss Books by Sam Siv 1)

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✓ Verified Book of Paleo Diet - Paleo For Beginners Weight Loss Guide Book Plus Paleo Cook Book and Paleo Recipes...Lose Weight Fast and Easy With The Paleo Way: (paleo, ... Diet and Weight Loss Books by Sam Siv 1)
Summary:

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Paleo Diet: Lose Weight Fast With The Paleo Way

If you're one of the millions of people trying to lose weight but to no avail, the paleo approach may just be the answer to your perpetual weight and health problems. With programs such as the paleo 21-day detox and paleo 30-day challenge, the paleo weight loss diet is not like any other diet fads. Instead of promoting unhealthy practices such as starving yourself or obsessing about counting calories, the paleo lifestyle goes back to the Paleolithic age adapting the fundamental concept that optimal diet can be achieved by aligning what we eat to how we are genetically adapted.

This book contains all the information you will need about the paleo diet as you begin your journey toward successful weight loss and a healthier lifestyle. Included in the book are straightforward information about the theory and premise of the diet and evidences of its effectiveness as well as the numerous benefits the diet can offer. If you've tried other diets before but to no avail, then this is the book that will help you understand and get the most out of the ultra popular paleo lifestyle. With paleo, you will not only lose weight but you will reap an assortment of healthy benefits that will change your life for the better.

You'll Learn:

- * What the paleo diet is about
- *How the diet can change your life
- *The theory behind the paleo diet
- *About the different variations of the paleo diet
- *How paleo diet can help you lose weight
- *Why paleo diet is superior than other diets
- *If the paleo diet is for you
- *About the core tenets of the diet
- *About the many benefits of the diet
- *How to set short term and long term goals
- *How to plan a course of action for successful weight loss
- *About what to eat and what not to eat while on a paleo diet
- *About the 85/15 rule
- *About the pros and cons of the diet
- *About the paleo diet plan for beginners
- *About quick and easy paleo recipes
- *Much more..

Take action today and overcome your weight and medical problems!

Tags: paleo, paleo diet, paleo for beginners, paleo approach, paleo weight loss, paleo recipe book, paleo recipes

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