



Paleo Diet for Beginners: Body Sculpting Recipes Using the Paleo Diet

By Scott Walker

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleolithic diet or caveman diet was designed to counter the negative effects of modern food that is full of processed food, overly salty food, high calorie content, refined sugar, processed and chemically laden food, that all boils to one description - unhealthy. The proponents of this highly-acclaimed diet believes that the human body is not well adapted to food selection introduced in the agricultural era. With this, the food are properly metabolize by the body that has led to legions of health issues like obesity, diabetes, stroke, heart diseases and more. Following this logic, this lifestyle change, reintroduces the way of eating of our ancestors. Paleo diet is essentially grain and dairy free and no rooms for highly processed food and sodas or flavored drink. The diet allows grass-fed meat, fowls, fishes, eggs, vegetables (not fried), healthy oils, fruits and nuts. Exercise is also highly recommended to be in tandem with the diet. Amazing results are seen with Paleo diet such as reduced risks of diabetes, heart attack, weight loss, high energy, easier digestion and absorption and more.



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