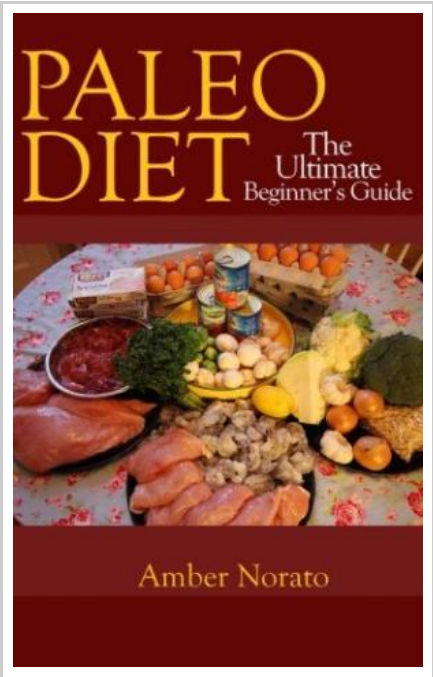


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Paleo Diet: The Ultimate Beginners Guide

By Amber Norato

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 8.0in. x 5.0in. x 0.1in.Paleo Diet: The Ultimate Beginners Guide, is a comprehensive, yet concise guide to starting a Paleo lifestyle. This book offers answers to the most commonly asked Paleo questions, and gives you tips to get started on the right foot! After all, although starting a new diet can be difficult, learning about one shouldnt be! Is the Paleo diet just another fad diet No! The Paleo Diet has been around since the beginning of mankind. It is what humans were designed to eat, and is completely healthy and natural for the body! What is the Paleo diet The Paleo diet, also known as the Paleolithic diet, is a diet that works WITH your genetics to help you stay fit, healthy, and energetic! It is the healthiest diet out there due to its natural approach and simplicity. Best of all, it helps you lose weight while preventing and treating diabetes, cancer, heart disease, osteoporosis, hypertension, and many other diseases! Is the Paleo diet healthy or will I have to starve in order to lose weight The Paleo diet is all about eating full...

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