



How to Go PALEO Natural and Healthy Weight Loss

By Kitty Browne

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 64 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. How to Go PALEO: Natural and Healthy Weight Loss is an introductory guide to the world of healthy eating that will change your life. A typical person has more food at their fingertips by picking up the phone or going to the grocery store than our primal ancestors could ever have imagined. We have stoves, ovens, microwaves, deep fryers, grills, rotisseries, and pressure cookers. We've found ways to extract, refine, and process plants, animals, and minerals in ways that cavemen wouldn't even understand. We've found ways to make oil from vegetables, grind grains and legumes into flours or pastes, and refine sugars. This technological and scientific progress has led to a lot of really good discoveries, but as a result of all this progress, those living in Western countries are also some of the most obese. We are poised to overtake our parents -- and all previous generations -- in terms of lack of fitness and total weight. There's also been a spike in the diseases of affluence, in Western civilization such as diabetes, cardiovascular disease, and hypertension....



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