



The 10-Day Paleo Challenge

By Anne Angelone L Ac

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The 10 Day Paleo Challenge is for those who are serious about making a significant shift in their metabolism. After 10 days, the benefits will motivate you to continue using this anti-inflammatory template of nutrition. For those who are still not sure about letting go of grains, learn how to transition to Paleo and wean yourself off grains with the 10 Days For Grain Lovers section of the book. This guide contains handy charts of foods to include and eliminate. Get ready to dramatically improve your health, experience more energy, reduce inflammation and pain and finally lose weight naturally.



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