

Fad Diet Presentation Reviews

Paleo Diet

What's involved with following this diet?

Diet involves limiting sugar, increasing vegetable intake, and limiting processed foods. You are not allowed to eat grains, dairy, processed food, refined sugar and added salt.

Who is it for?

For people who want to reduce inflammation, prevent Crohn's disease, diabetes, obesity and indigestion.

Is it backed by scientific research?

Has some scientific evidence backing it (ie. instances of reduced mortality rates from colon cancer and heart problems; improvements in insulin sensitivity and glucose tolerance).

Is it dangerous?

It may have some negative effects on health. Due to restriction of carbohydrates, it may decrease the amount of energy. Also will have some nutritional imbalances in

Would you recommend?

I would not recommend this diet because it seems a little unsustainable. It isn't realistic for most people.