



Paleo Comfort Food: Healing Gluten Free Recipes That Make You Feel Good! (Paperback)

By Lucy Fast

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. We live in an era of Overnight Evolution. It seems like the great minds of Science and Medicine break new ground every other day, revealing knowledge and inventing technologies that our Paleolithic ancestors would see as nothing short of miraculous. Yep, we've come a long way in the last 10,000 years. But the more advanced we become in our understanding of health and nutrition, the more obvious it is that the cave dwellers had it right all along! And that's what being a Paleoite is all about: Going back to the basics and sticking to the diet that made our ancestors physically and biologically healthy enough to grow into the dominant species on Earth. The thing is, our taste buds have evolved too, and we don't have to spend all day trying to brave the elements and protect our families from starvation like they did! We live in the age of options, and abstaining from our favorite grain and dairy-based comfort foods feels about as right as living in a cave. But that's not how it has to be, and bestselling author Lucy Fast is...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- Crystel Hagenes