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By Martha Blake

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What is the Whole 30 Diet? When you hear about yet another diet, you may be tempted to think it's mainly meant to be an experiment. Don't you get the feeling people are trying to sell something new without having enough guarantees it works? Well, that may be the case with several ideas by means of which people constantly try to change diet and lifestyle. However, Whole 30 is already a great success and a fact. It works! More and more people have tried it and confirmed its value and efficiency and consistently resort to it to keep their lives healthy. So what is so important about this diet and what distinguishes it from others? First of all, it is based on the more inclusive Paleo principles according to which only certain food is permitted in our diet. Why? The reason is simple: Other food produces more damage than benefit, since the substances they bring into our body are at the root of various degenerative diseases such as: Cancer, Obesity, Diabetes, Alzheimer, Infertility etc. The Paleo diet is oriented towards keeping things in harmony...



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