



Paleo for Beginners: Intro and Tips to Get You Started the Paleo Way

By Amarpreet Singh

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Tips and tricks to get you started - the Paleo way! Paleo is not a fad diet. It s a powerful lifestyle choice that transforms your body from fat to fit. Question: Do you want to be healthy or not? Our ancestors were healthier than us, by any standards. That s because they stayed with nature, ate food the way nature meant it to be. This is the basis of Paleo diet - a going back to nature, in its purest and safest form! Confused with too many healthy diets? Opt for Paleo, simple! Paleo diets consist of vegetables, fresh fruit, seeds, meat and fish - in their purest form. So the nutrition you get from them is also unpolluted! When the food you consume is free from pesticides and pollutants, your body runs more efficiently, for longer. This eBook tells you all about the foods you can eat and those that you can t - under the Paleo diet. Check out the delicious recipes here that are healthy as well! Paleo is a movement against unhealthy processed...



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