



# **Paleo Diet: A Beginners Guide To Paleo Diet - Live Healthy and Loose Weight! (Paleo Diet, Paleo Diet For Beginners)**

*Amy Young*

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## Paleo Diet

### A Beginner Guide To Paleo Diet - Live Healthy And Lose Weight

There have been many books and diets out in the market that claimed they can help you in losing weight or become healthy. However, not all of them are effective, helpful or even easy to follow. **It's never too late to live a healthy and long life.** You are the only one who holds that decision to change your life for the better and right now, I think you are heading to the right direction.

**Paleo has evolved from being just a name. It's a lot more than just a mere "fad" diet because this is a lifestyle.** It is about nourishing the body with whole and natural foods, free from chemicals and other additives that are harmful to one's health. Also known as the Paleolithic Diet or the "Caveman" Diet, this way of eating is focused primarily on foods that our ancestors ate during the early civilization.

Man has been evolving for millions of years. They have only discovered farming just a few thousand years ago so their body is used to eating primal and natural foods and not the foods that people are eating nowadays. **The addition of chemicals on our produce, giving drugs to our livestock and feeding them with enhancers to make them grow is the thing that has happened to our food.**

So if our bodies are not used to eating these kind of food, then it means that this is not good for our body. The question though is how come we have been eating these types of foods for so long but nothing seemed to be wrong with us?

Not! **In fact there have been studies and sufficient evidence that eating dairies and grains will lead to many diseases like rheumatoid arthritis, type 2 diabetes Crohn's diseases, multiple sclerosis, cancer and many other diseases.** Do you get the picture? And this is what the Paleo Diet wants to teach you. To go back to the basics and practice clean eating – foods that are unprocessed, simple and natural. **Paleo wants you to improve your eating habits thus helping you in the process to get rid of toxins in the body and minimize the risks of many harmful diseases.**

So try to look at it in a simple way: our ancestors are eating whole and natural foods thus making them look healthy, not overweight, full of energy and pretty much athletic. Today, you will find a lot of people with weight problems, sluggish, stressed, lacks sleep and have many other diseases. The Paleo diet wants to change all of these things – this is an effort to change the way people eat and yes adapt a healthy lifestyle. After all, you definitely want to see your children and your children's children grow in the future, right? **So better start now and take action!**

## **In This Book You Will Learn..**

- What The Paleo Diet Is
- What The Benefits Of Paleo Diet Are
- How You Start This Diet An Make It Work
- Delicious Recipes
- And Much More..

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#### **Mary Lewis:**

What is your hobby? Have you heard that question when you got college students? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person including reading or as reading become their hobby. You need to understand that reading is very important and also book as to be the issue. Book is important thing to add

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