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Living Paleo: The Low Carb Lifestyle Weight Loss Plan from Ancient Man (Gluten-Free & Energy Boost)

Roberta Wood

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We all have heard of the caveman days; when humanity was operating as a hunter-gatherer, finding and eating all day long the things he could find, pick, kill, burn, and eat. In those times, you couldn't even wait around to bake bread.

If you want a return to the healthy, lean, tasty life, pick up this book. If you are hoping to understand better the reasons so many people are changing their lifestyles, this is the book for you. And if cooking extravagant meals just isn't your style, this hunter-gatherer gig is right up your alley, so gather up this book and hunt no more for the perfect appetite-pleasing diet for you.

Here is a preview of what you will learn from this book:

• How the Diet Earned the Nickname ‘Paleo’.
• What Fruits, Nuts, Vegetables are Optimal for the Dietary Decision
• The Poisons We’ve been Eating, and Didn’t Even Know it!
• What Makes ‘Paleo’ Palatable?
• How to Think Like a ‘Cave Man’
• ‘Paleo’ Changes beyond the Diet
• And Much More

Once you understand the ways of the Cave Man, you won't want to go back to regular meals again. Not only will you lose weight, but you’ll also feel better, stronger, and younger. It will not only make your everyday life better, it will make you better.

So don’t wait another minute. Learn how a simpler, easier life awaits you, like a warm fire in a dark cave.

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