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Paleo Diet: Learn How To Eat Healthy And Eliminate Disease (Fibromyalgia, Diabetes, Gluten Free, Wheat, Belly, Grain, Brain, Ketogenic, Belly Fat, Best Diet, Autoimmune, Celiac, Candida)




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Synopsis

Learn How To Actually Enjoy "Dieting"!!Today only, get this bestseller for just $2.99. Regularly priced at $4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.YouÃ¢â ¬â„¢re about to discover how to lose weight without having to count calories, starve yourself, or eat food that looks like diet food!! This book contains a full step-by-step guide on how you can make the jump to the Paleo lifestyle.The Paleo diet is everywhere, and why wouldnÃ¢â ¬â„¢t it be Ã¢â ¬â œ transforming your life to a world of fabulous health and vitality is surely of interest to everyone, itÃ¢â ¬â„¢s obviously of interest to you or why would you look at a book like this? The great news is that if your aim to lead a healthier and ultimately happier lifestyle youÃ¢â ¬â„¢ve found the answer!The Paleolithic, or Paleo diet as itÃ¢â ¬â„¢s normally called, can give you benefits in every area of your life make no mistake. The word diet always conjures up thoughts of crazy eating plans and yo-yo weight loss but there is none of that here, indeed Ã¢â ¬â œ it would actually be more accurate to call it the Paleo lifestyle as thatÃ¢â ¬â„¢s exactly what it is.There is no crazy Ã¢â ¬Å“eat this and lose 10 lbs. this weekÃ¢â ¬Â• tag line with Paleo, eating healthily and living a balanced lifestyle will always lead to you living that life at your natural weight - without starving yourself or drinking weight loss shakes every other meal. ItÃ¢â ¬â„¢s not rocket science either, looking back through the ages itÃ¢â ¬â„¢s often been noted that there seems to be a distinct lack of modern diseases - such as cancer - present in the remains of past civilizations, so why is it so crazy to think that if we base our diet on theirs we might have a similar outcome?We have no excuse; our ancestors had to scavenge for every morsel of food, the most scavenging we have to do is finding a parking space when grocery shopping!Now Come On....LetÃ¢â ¬â„¢s get started!Here Is A Preview Of What You'll Learn...Paleo BackgroundHow To Make The Paleo Diet Work For YOU!Paleo Food GroupsWhat You Can Eat (Which is LOTS!!)What You Shouldn't Eat (Which You Wont Miss!!)Health Benefits of PaleoPaleo Case Studies- Real Life TestimonialsHow To Start Slowly If You Cannot Do It Cold TurkeyShopping Lists and RecipesMuch, much more!Download your copy today!Take action today and start having fun while you lose weight!! Download this book for a limited time discount of only $2.99! Learn how to eat to get optimal benefits from your body!Tags: gluten free, wheat belly, grain brain, lose weight, get abs, belly fat, diabetes, healthy, obese, diet, weight watchers, skinny, get toned, Crossfit, seizures, paleo, paleo diet, weightlifting, training, fitness, belly fat, epilepsy, cancer, autoimmune, self esteem, confidence, leadership, fat, skinny, atkins diet, mayo clinic, healthy, hypertension, heart attack, energy, cleanse, candida, yeast, infection, autoimmune, cancer

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Customer Reviews

After years of struggling with crazy diets (seriously, I've tried pills, powders, starvation...you name it), I just may be a believer in the Paleo diet now!At first, I wasn't sure about the whole "absence of grains" instruction, but after reading about the numerous negative effects (like "leaky gut syndrome"), I'm pretty sure I can make a good effort to give it up. I won't even mention the "toxin" effect grains have on our bodies, but frankly, it's a little frightening. And I've always known that processed foods are bad for you, but I didn't know just HOW bad! No wonder everyone in my family seems to fall victim to diabetes and eventually some type of cancer.Wells does an amazing job of listing the negative impacts of the foods of today that we continue to put into our bodies, and she helped me to see that I can't just look at this as a diet--I need to consider it to be more of a lifestyle change that I don't give up on...especially if I want to keep the weight off, and lower my risk for multiple diseases.This is one of the most informative but quick reads I've ever come across in the "diet world," and I knew I had to gift a copy to my sister (a chrons sufferer) right away. It's very well written, and you will walk away with a much greater knowledge of food and its impacts on your

body.

I was really impressed with this book! It is very well written, clear and concise, with no fluff. After I read this book, I felt like I finally understood what this eating plan is all about. As Wells says in the book, this is not a diet but a lifestyle. Not only does she spell out exactly what you can and cannot eat with this diet, but she also gives you a step by step plan to gradually implement it into your life. In addition, there are some great recipes and a shopping list, which makes it even easier. One thing I really like about this book is that she doesn't list a bunch of exotic or expensive foods that so many diet plans spell out. There are some foods that my family and I didn't eat regularly, but I've been gradually incorporating them into my normal eating habits, while continuing to use mostly foods we already know and enjoy.Thanks Samantha!

This is a great book to start your journey to a paleo lifestyle. No don't think of the paleo diet as just a diet it truly is a shift in your whole lifestyle. You will have greater energy, better skin, less aches, and will begin to feel younger.The paleo "diet" will have you eating the way you are designed to eat. This book shows you not only the health benefits but also gives you a list to shop with so you can make the best of your new lifestyle. No more feeling guilty for enjoying some of your favorite foods as quite a few of them are still fine to eat on a regular basis.It's really simple, if you're in pain, overweight, or are tired of "suffering" on a bunch of yoyo diets then you need to read this book-- you need to live the way nature intended.

Although this book starts out like most others of its kind, it expands on and explains concepts about both general dieting and the paleo diet in particular in ways that most other books I've read have fallen short on. Specifically, the sections about potential psychological pitfalls was helpful, and I enjoyed reading the author's own experience with kicking processed sugar out of her life, day by day. Very promising stuff, and the recipes in the back are a great way to kickstart the change you need to make in your cooking habits!

This book was informative and easy to read. Basically it covers what the Paleo diet is and the benefits you get from following this lifestyle. The author tells us what is wrong with the "modern" diet and the effects it has on us. This book tells you what you can eat on the Paleo diet and how much. This book also tells us which food to avoid. You also get two case studies and a shopping list to get you started and a day's worth of recipes. This book was informative without being boring.

I liked the personable tone of the author and the simply laid out explanation of Paleo. I've read too many accounts online that just left me feeling confused and definitely not capable of trying something like this. The option of the cold turkey vs. the gradual approach finally presented Paleo in a manageable light, and has made me consider trying it.Above all, I loved the easy recipes and can't wait to try them. Paleo maple pumpkin pancakes sound like a must!

This is one of the best Paleo books out there! This is the first paleo book that I have read that discusses how it can help with certain diseases and provides case studies that have been done. I switched to the Paleo diet for health reasons and I have never felt better! I have more energy, and my iron levels have come up because of the foods I eat now. If you are unsure about the Paleo diet read this one. It gives you all the information you will need.

People have been talking about Paleo diets all the time; and I always wanted to learn more about it. This book gave me a nice overview of what Paleo diets are about and how I can get started with a paleo diet lifestyle. I especially like how it taught us to slowly transition to a healthier lifestyle by cutting the number of cheat meals week by week. I really like the idea since it is systematic and makes switching to a new diet less overwhelming.

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