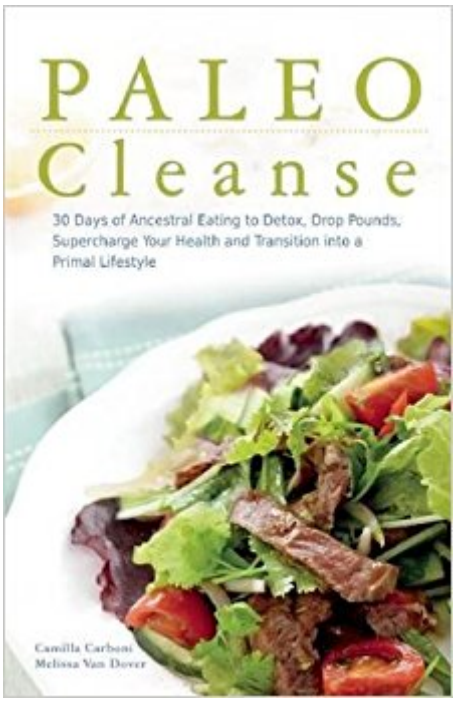
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Paleo Cleanse: 30 Days Of Ancestral Eating To Detox, Drop Pounds, Supercharge Your Health And Transition Into A Primal Lifestyle



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Synopsis

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOXTransform your body and improve your health with this hardÃ Â¬core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you:Ã¢â ¬Â¢Lose WeightÃ¢â ¬Â¢Increase EnergyÃ¢â ¬Â¢Boost Mental ClarityÃ¢â ¬Â¢Improve DigestionÃ¢â ¬Â¢Reduce Inflammation Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetaÃ Â¬bles, the Paleo Cleanse has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

Book Information

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Customer Reviews

CAMILLA CARBONI is the co-founder of ThePaleoPact.com and co-author of Quick & Fantastic Paleo Cookies. Camilla applies her global marketing portfolio and MasterÃ¢â ¬â„¢s in media reception psychology to promote the philosophy of health from the inside out. Camilla is a South African expat, minimalist runner and contributor to various lifestyle-centric publications. Learn more at CamillaCarboni.com. MELISSA VAN DOVER is the co-founder of ThePaleoPact.com and co-author of Quick & Fantastic Paleo Cookies. Melissa utilizes her marketing background and MBA to promote the importance of maintaining a healthy lifestyle through eating well and regular exercise. Learn more at MelissaVanDover.com.

I have had amazing results after 3 weeks and still going. Down 10lbs, 18+inches and 2% body fat!! I haven't been able to lose any weight since the birth of my second child. I have a lot more energy. The book lays out the plan for 4 weeks and it is very easy to follow. I was able to cut out things that I love- sugar, carbs and cheese! I can't wait to see what my final results are.

I've never tried any formal diet or cleanse before so was a little skeptical. This book made it so easy to follow and provides motivation to complete a cleanse. It provides you a month's worth of meals and gradually builds you up to understanding Paleo. There are numerous receipes along with tips to get you through the 30 day cleanse. I enjoyed the cleanse and the receipes where very great. They are easy to modify as well to fit your taste.

Has some really good clean eating recipes and helpful plan on how to stick to a paleo diet, or take the first steps in adapting to one. This isn't quite a cook book, more like a how to. I would have liked a but more research and evidence based/ peer reviewed articles, but this was a bit more generic in statements. Still, helpful and well written.

great book

This book give you a really good in sight on Paleo so far I have lost 7 pounds doing and my blood sugar's have been so much better then they ever been. So glad for my New life style change .

We definitely like the way this book is written. The authors are very "real" and did a great job helping novices like us understand Paleo and to get started on a good cleanse program.

Very easy to read and it walks you through the 30 day cleanse step by step. The recipes look delicious, I can't wait to try them all!

Fascinating!! An easy read and a quick read. I particularly appreciate that this guide is inspiring as well as, practical.

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