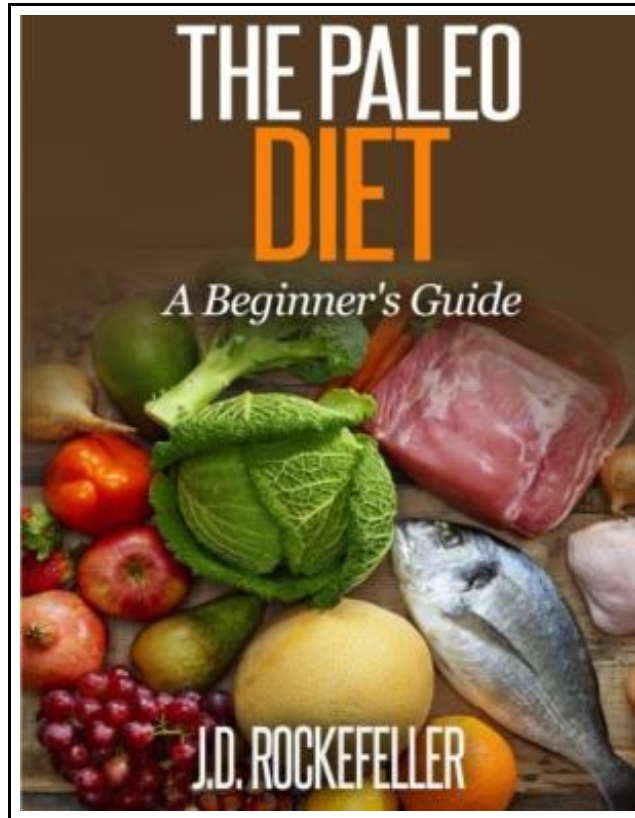


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.In 2013, the buzzword for people trying to lose weight was paleo. The Paleo Diet was the most searched for diet on the web in the first week of January of that year. And, like most fads, it appears to have quietly slipped away into the night to be replaced by newer fads with equally short life spans. But even though the Paleo Diet may not be hogging the spotlight anymore, it is still going strong as many people embrace the Caveman Lifestyle. We ll take a closer look at what the Paleo Diet is and how it works in the next chapter. Before we get there, I d like to take a moment to remind you that paleo is not for everyone. There is no one diet that is perfect for every single person on the planet. If, after reading this book, you decide that the Paleo Diet may not work for you, that s okay. Many people have had wonderful results by eating paleo. Other people have had equally great results from different diets. It s all about finding what works for you. The Paleo Diet does have two big advantages that make it easy to follow. The first is that you don t have to count calories or keep a strict schedule. Whenever you get hungry, you eat until you feel full. The secret is that you are eating nutrient-dense foods that fill you up fast and make it almost impossible to overeat. At least, you are if you re not cheating. And that s the second advantage of the Paleo Diet. There is no cheating. There is no strict list that...

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