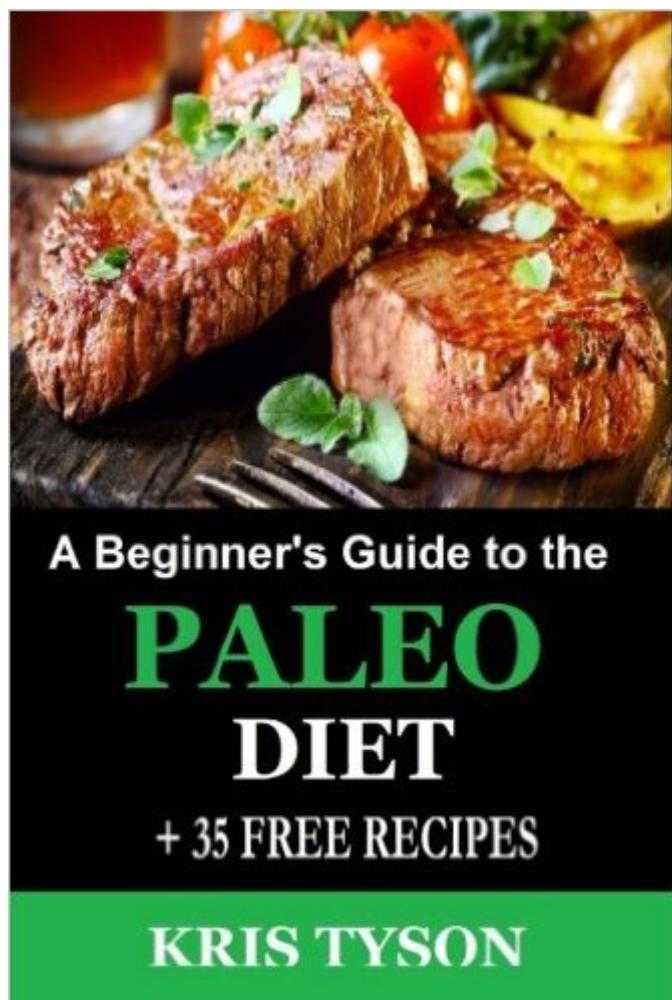


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# **Paleo Diet: A Beginner's Guide To The Paleo Diet + 35 FREE RECIPES: A Simple Start To Achieving Optimal Health And Weight Loss Through The Original Human Diet (Kris Tyson's Healthy Recipes) (Volume 1)**





## Synopsis

Modern scientific studies show how genetics play an important role in determining the best diet for each of us. Comparisons between the present populace and our primitive counterparts suggest that ancient diets have more benefits than the modern one. This led to the idea of using the cavemanâ™s diet. Earlier studies about the Paleolithic diet began since 1975 and was further developed around 1985 by Stanley Boyd Eaton and Melvin Konner. However, the term âœPaleo Dietâ• was only popularized at the beginning of the 21st century by American scientist Loren Cordain. The modern Paleolithic diet is not simply about what ancient people ate; it is more of eliminating processed food and other food that are found harmful to our bodies, and replacing those with more nutrient dense food groups. The Paleo diet does not only exclude processed food but also food available after the Neolithic Revolution or agricultural revolutionâ "the era where people started farming instead of hunting or gathering. This means, grains and legumes are also excluded from the diet. In this book you will learn: What is the Paleo Diet? History of the Paleo Diet Food to Eat and Avoid Foods to Eat Foods to Avoid Benefits of the Paleo Diet Why Certain Food Should Be Avoided How Paleo Diet Improves Your Health Weight Loss through the Paleo Lifestyle Getting into the Diet Examples of Paleo Food Groups Practical tips on starting the diet 35 Simple and Easy Paleo Recipes

## Book Information

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## Customer Reviews

I liked this paleo diet book because of its simple and easy to make recipes. It also discussed a brief

overview of paleo diets discovery and its benefits. The recipes that I would definitely try are the quick and easy veggie omelet, egg drop and the fruity popsicles- which is good for summer. It is simplified for beginners- which I think is a good idea!

This book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing. I love how easy it is to read this book and storing it is a breeze. I know that a lot of people have gotten away from actual cookbooks in favor of online versions, but this is truly one of those books that can and should be passed down among generations for great meals! I love i

Impressive book! A definite must have for anyone looking to be the healthiest they've ever been! I suggest this book to all of my personal training clients, and those who have gotten on board with the paleo diet have seen amazing results! Really worth recommending!

I've read the Paleo solution and it gave me a lot of information. (In fact I'm still reading it) This book in contrast, gets to the point and makes it sound easy enough to start right now. I also like the recipes, I can't wait to try them. I also like the dessert section. It gives those of us with a sweet tooth a sigh of relief knowing we can have something that is somewhat familiar to scratch that itch.

Paleo diets are very good combination of natural diets. When I read this book I found it very helpful to manage the diet plan for oneself. The author has collected best information available and shared it to all. In these days our life has become so modern that we do not take care of diet plan. While this combination of recipes given in the book are very nutritious and healthy, having no harmful effects. Choosing paleo diet plan, one can easily manage for losing weight and become fit and healthy. Author has provided with great collection of recipes which can be chosen by the user. I recommend this book for all who want to remain fit and healthy.

This Paleo diet is so very much obliging and helpful in our wellbeing. I actually cherished the arrangement of in order as well as the commands are accurate and obvious. The method of symbols is simple to appreciate and elegant. The writer did a enormous job. I actually worship this volume since of the satisfied of it.

The book was good as an outline to start the paleo plan. The recipes look easy and don't sound complicated. I would recommend this book to anyone looking to start this plan.

I've been having terrible break outs and was told to try paleo diet. This read was helpful. I headed right to the grocery store to make my first paleo smoothie!

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