



Paleo: Paleo For Beginners, All You Need To Know About The Paleo Diet (Paleo Diet for Beginners, Paleo Diet, Paleo Cookbook, Paleo Recipes, Paleo Slow Cooker)

J.B. Espin

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All You need To Know About The Paleo Diet - Lose Weight, Feel Great and Live Longer

Paleo For Beginners Includes Delicious Recipes for Every Meal of the Day and is the Complete Guide to Going Paleo.

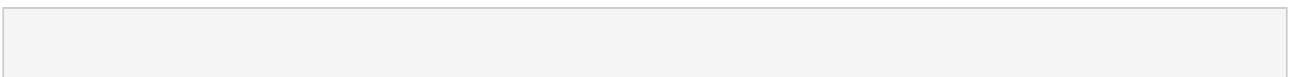
The Paleo Diet is great for people who have weight problems, autoimmune disorders or a variety of other ailments. Paleo can lower your cholesterol and your blood pressure, improve your blood sugar control, and help you feel fuller and less hungry despite consuming fewer calories.

If you are struggling with your weight or looking for natural, drug-free ways to improve your heart health, cholesterol, blood pressure, or blood sugar, the impressive health benefits make the Paleo diet a popular and easy regime to live with and enjoy. It also boosts energy levels and fitness, enhances sleep, reduces allergies, strengthens hair, reduces skin related problems (acne, eczema and psoriasis) and is rich in antioxidants and healthy fats. Other benefits of the consumption of foods containing phytonutrients and antioxidants, as found in the Paleo diet help fight diseases like cancer.

Here Is A Preview Of What You Will Learn...

- What is the Paleo Diet?
- Essentials of the Paleo Diet- including foods you can/can't eat
- How the Paleo Diet works
- 10 Benefits of the Paleo Diet
- Recipes for Breakfast, Lunch, Dinner and Snack time - photograph for each recipe
- 7 Day Meal Plan
- 10 Common Paleo Myths Busted
- FREE Bonus at the end of the book
- And much more

Download your copy today and start eating your way to a healthier and slimmer you!



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Tim Andrus:

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Cliff Boyd:

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