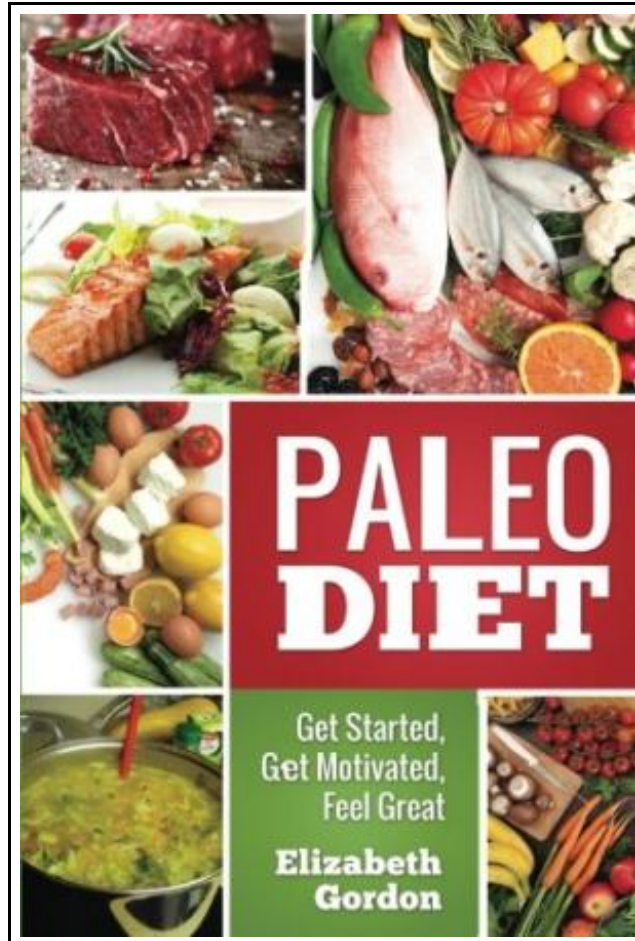


Paleo Diet - Get Started, Get Motivated, Feel Great (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

PALEO DIET - GET STARTED, GET MOTIVATED, FEEL GREAT (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Make a change today and increase your odds of a long and healthy life. Discover the PALEO diet and the penny drops: GOOD HEALTH IS NO LOTTERY! YES, Paleo can help you lose weight, but there is far more to it than that. I will quote studies and research to show how a Paleo lifestyle can help you avoid cancer, diabetes, heart disease and many more of today s health bogeymen. Paleo Diet: Get Started, Get Motivated, Feel Great aims to introduce and explain the benefits and rules of Paleo. * I help you get started with a 7 day meal plan packed with delicious recipes for every meal including snacks. * Chapter two gives you all the reasons, research and facts you will need to convince you that the only way is PALEO. * There are recipes for Paleo puddings and snacks, so you will never feel hungry. * You will be eating all your favourite meat, fish and seafood dishes with tasty vegetables. * Advise on Paleo exercise. * Ten sporting and screen star celebs who endorse Paleo I explain why PALEO helps you address issues such as: * Eczema and allergies * Bloating and IBS * Lack of energy * Poor digestion So come on! Be fitter, thinner, healthier and filled with energy on PALEO.



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