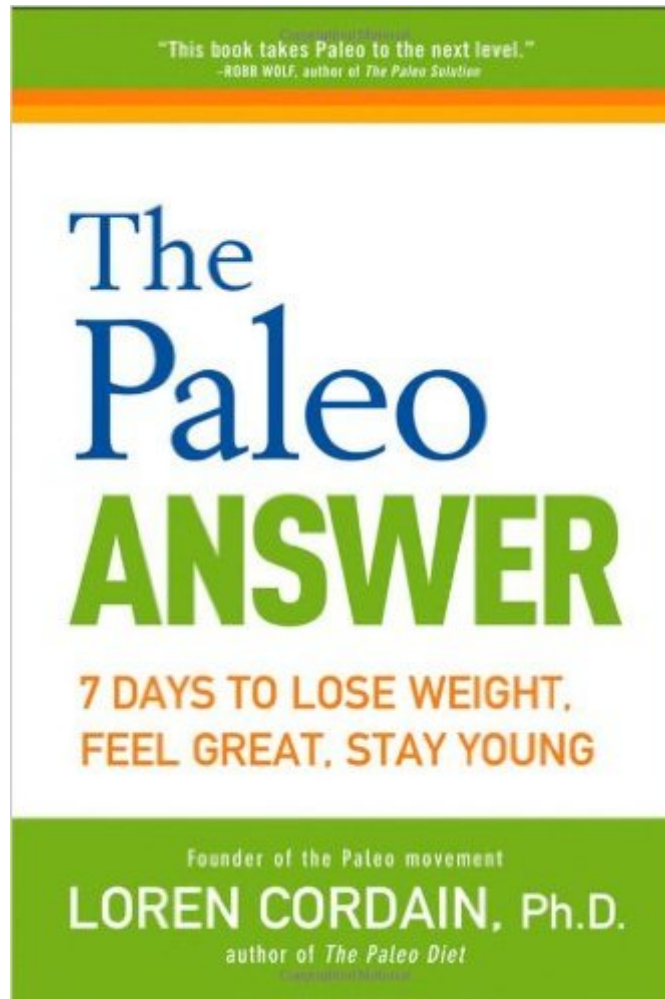


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The Paleo Answer: 7 Days To Lose Weight, Feel Great, Stay Young



Synopsis

How to take the Paleo Diet to the max for optimal weight loss and total healthâfrom bestselling author and top Paleo expert Dr. Loren Cordain Dr. Loren Cordain's best-selling *The Paleo Diet* and *The Paleo Diet Cookbook* have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts and other foods that mimic the diet of our Paleolithic ancestors. In *The Paleo Answer*, he shows you how to supercharge the Paleo Diet for optimal lifelong health and weight loss. Featuring a new prescriptive 7-day plan and surprising revelations from the author's original research, this is the most powerful Paleo guide yet. Based on the author's groundbreaking research on Paleolithic diet and lifestyleIncludes a new 7-day plan with recommended meals, exercise routines, lifestyle tips, and supplement recommendationsReveals fascinating findings from the author's research over the last decade, such as why vegan and vegetarian diets are not healthy and why dairy, soy products, potatoes, and grains can be harmful to our healthIncludes health and weight-loss advice for all Paleo dietersâwomen, men, and people of all agesâand is invaluable for CrossFitters and other athletesWritten by Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles internationally regarded as the founder of the Paleo movementWhether you've been following a Paleo-friendly diet and want to take it to the next level or are just discovering the benefits of going Paleo, this book will help you follow the Paleo path to the fullestâfor lifelong health, increased energy, better sleep, lower stress and weight loss.

Book Information

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Customer Reviews

From the Author: The Paleo Answer Top 10 Shopping List Author Loren Cordain, Ph.D. â € Wild salmon â € Lean beef (grass-fed if possible) â € Hormone-free chicken â € Organic eggs â € Raw unsalted walnuts â € Ground flaxseed meal â € Organic broccoli â € Organic blueberries â € Orthopedic-style walking shoes â € Short-sleeve white cotton T shirt --This text refers to an out of print or unavailable edition of this title.

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