



Truth About The Paleo Diet: Your Practical Paleo Guide To A Healthy And Balanced Diet (Paleo, Paleo Diet, Paleo For Beginners, Paleo Recipes, Weight Loss, Paleo Meal Plan, Paleo Code)

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Americans spend over \$60 billion a year in their quest to lose weight. Despite pouring all those billions into the diet industry, Americans are fatter than ever. Half of America is on a diet, an estimated 70 percent are overweight, and a third of the country is obese. Some blame America's growing health crisis on the contradictory messages we receive. High carb, low carb, high protein, low protein, vegetarian, carnivore: there's an authority insisting each is the correct way to eat, but they can't all be right. *Truth About the Paleo Diet* offers readers a comprehensive look at the Paleo lifestyle that's growing in popularity. You'll learn the diet's basics, including allowable foods, and view a sample menu. Also included is the science behind why Paleo proponents choose to eat as their Paleolithic ancestors did. *Truth About the Paleo Diet* also tells you what the skeptics say, including the science behind their skepticism. Finally, it offers readers ideas for a balanced approach to wellness, including some sample recipes that combine healthy ingredients, simplicity, and taste. If you're considering the Paleo diet but want to understand the pros and cons before you adopt the lifestyle, *Truth About the Paleo Diet* offers both in one convenient reference guide.

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