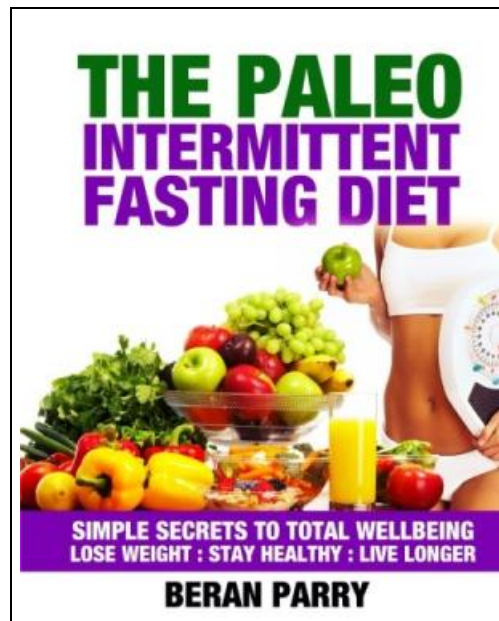


## The Paleo Intermittent Fasting Program and Recommended 21 Day Cleanse (Paperback)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Controlling what and how you eat has become the new hot topic for medical professionals, nutritionists and health advisors everywhere. Now that we understand so much more about the way the human metabolism really functions, we can adjust our diets to maximise the health benefits of smart nutrition, cutting out the harmful foods that provoke negative reactions in our bodies and concentrating on the food types that promote weight loss and great health. Many people are drawn to the benefits of the Paleo Method because it s the most natural way to encourage our bodies to function at optimum efficiency. People who follow the Paleo pathway are usually the first to tell the world how really great it feels to treat their bodies the way Nature always intended. And the Paleo Method has acquired a well-deserved reputation for turning our bodies into super-efficient fat-burning machines. Feeling great and shredding even the most stubborn belly fat - it s got to be a winning combination! But there are many ways to encourage a great feeling of heightened energy and over all wellness and this is where intermittent fasting comes into play. Our ancestors certainly couldn t eat every day because, in the old hunter-gatherer stage of our evolution, food was rarely so plentiful. So a day without food seems to suit the way our metabolisms have developed. Research also suggests that fasting actually encourages longevity and the thousands of years of practice amongst countless cultures and civilisations seems to support this conclusion. Combining the massive benefits of the Paleo method with the advantages of intermittent fasting provides a superb combination of benefits. Now, in one compete volume, you can discover: -How to introduce...



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