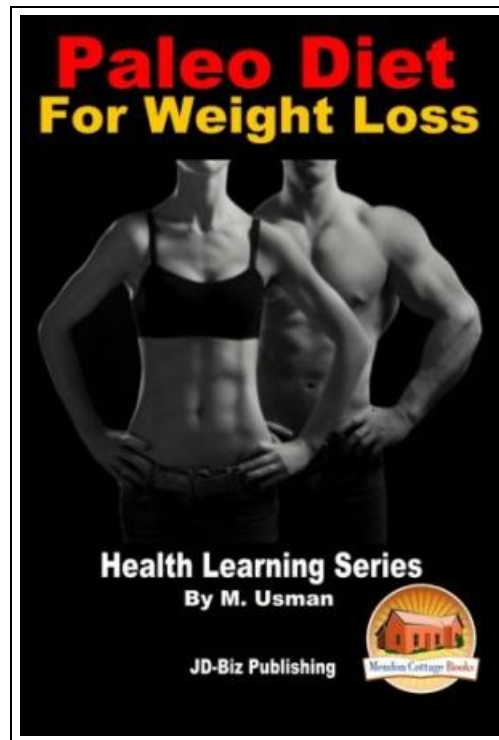


## Paleo Diet for Weight Loss - Health Learning Series



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paleo Diet For Weight Loss Should you be on a Paleo Diet? Find out what the research shows. Table of Contents Paleo Diet - An Introduction Question # 1: What is Paleo Diet ? Question # 2: What can I eat ? Question # 3: What good will it do to me ? Question # 4: Will Paleo Diet have any negative impact on my health ? Question # 5: Do you have any evidence for your claims ? SECTION I - Paleo Diet Weight Loss Chapter # 1: Overview Chapter # 2: Under the hood Chapter # 3: Paleo Diet, What and What not Chapter # 4: Is that it ? SECTION II - Paleo Diet vs Other Popular Diets Chapter # 1: The World of Diets Chapter # 2: Weight Watchers Diet Chapter # 3: Biggest Loser Diet Chapter # 4: Jenny Craig Diet Chapter # 5: Raw Food Diet Chapter # 6: Diet Comparison Chart SECTION III - Paleo Diet Menus Chapter # 1: Breakfast Chapter # 2: Lunch Chapter # 3: Dinner Conclusion References What is Paleo Diet? Basically, Paleo diet is a fancy word for caveman diet; it s what our ancestors used to consume tens of thousands of years ago when hunting was the only way to acquire food. The fundamental concepts behind the Paleo diet boil down to the genetic level. Simply put, our DNA has not significantly changed over the past 40 thousand years, and therefore, our bodies have not yet fully reformed to the contemporary, highly processed and artificial food items that are available in abundance nowadays. Thus the Paleo style of eating is the most...

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