



## What s the Deal with Primal Eating and the Paleo Diet?

By Kelly O Schmidt

People Tested Books, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How can the paleo and primal lifestyle improve my wellbeing? Paleo is a must-know diet that many are touting and incorporating into their routine to optimize health. Kelly O. Schmidt, a registered dietitian and leading voice in the paleo and primal lifestyle movement is a passionate health advocate who stumbled upon this lifestyle while uncovering the best method for managing her type 1 diabetes. In What s the Deal with Primal Eating and the Paleo Diet? Kelly explains the paleo and primal diet with supportive evidence-based research, through a conversational style, while providing insight on her personal journey and advice she is finding most valuable to her clients and in the paleo and primal community overall. What s the Deal with Primal Eating and The Paleo Diet? is an easy to digest overview of a paleo and primal lifestyle, where readers can quickly and easily walk away understanding what steps are needed to adapt some of the protocols. Additionally, this book leaves consumers armed with: Sample recipes, Grocery list, Meal plans, Highlighted superfoods, Education on how...



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