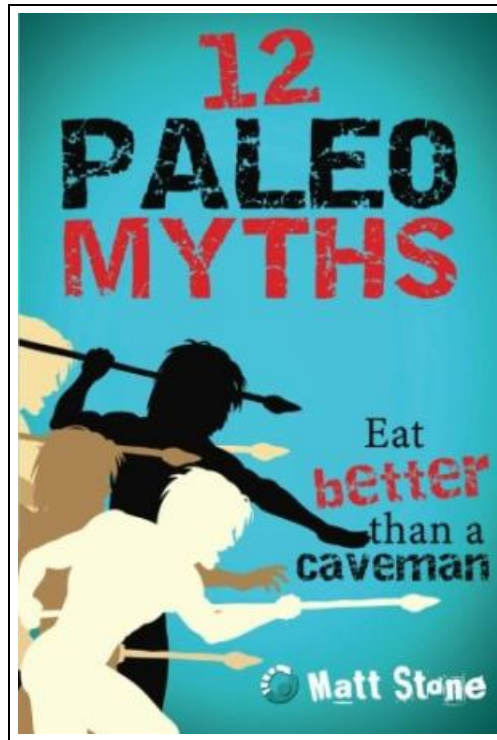


12 Paleo Myths Eat Better Than A Caveman



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Aliyah Mayer)

12 PALEO MYTHS EAT BETTER THAN A CAVEMAN



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 234 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Got the Paleo blues Eating the perfect diet for your genetic blueprint, but mysteriously feeling worse Think its because youre not trying hard enough Think all these problems are due to the one croissant you had 6 months ago Think again! There are some serious flaws with the Paleo Diet. Sure, many people lose weight when they switch over to a boring diet of mostly meat and vegetables. Well, for the first few months before they start gaining it back that is. And many see health improvements - legitimate ones, as happens when the nutrition content of a diet goes up dramatically. Of course there are people who benefit from switching from a McDiet to something like Paleo! But many get ravaged by it, and there are clear, obvious, and very basic physiological reasons for it. Obvious signs that the Paleo Diet is inappropriate for you would be cold hands and feet, frequent urination, nighttime urination or night sweats, sleep problems - particularly waking up between 3-4 am, anxiety or panic attacks, muscle cramps, irritability, lack of energy, delayed stomach emptying, constipation, body odor, breath odor, dark circles under your eyes, appearance of allergies or autoimmune disease, loss of sex drive, sexual function, or menstruation, dry skin, poor exercise performance and recovery, migraines, blurred vision, and countless others. If you suffer from these issues and youre on a Paleo Diet, you better make some adjustments! 12 Paleo Myths: Eat Better than a Caveman goes into great detail about the physiology behind how the Paleo Diet, particularly one that is heavy in meat and fat and low in carbohydrates, affects us as human beings. For some, those affects might be...



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