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Paleo Solution: Facts of Paleo Diet for Beginners to Achieve Weight Loss in 7 Days (Paperback)

By Warren Melton

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How would you feel today if you laid your hands on the keys that open the door to a plan that works with your genetics and helps you stay lean, energetic and strong? This plan consists of real foods and does not include anything that is processed. Seems like another fad diet, doesn't it? Well, the truth is that I do not want to discuss a particular diet. I want to talk about an entire lifestyle or maybe a solution to your present health and/ or weight problems.

Before introducing you to this miracle lifestyle, let me ask you a few questions: Do you think that your high tech, genetically modified world is causing more harm than benefits? Do you suffer from one or several medical conditions - eczema, allergies, hurting joints, stroke, cancer.? Do you believe that humans were created to consume real foods that are derived from animals and plants? Do you believe that humans were not created to consume chemicals? Are you confused about the numerous diet theories that appear on the internet everyday? Do...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- **Elinore Vandervort**

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