



## Paleo: The Real Food Diet to Reset Your Life (Update) (Paperback)

By Elizabeth Marsh

Wilkinson Publishing, Australia, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The Paleo Diet is a fast growing and research-based approach for reaching optimal health, body composition goals and a radically improved quality of life. It is infiltrating society through its popularity among health conscious individuals, celebrities and professional athletes and was named as one of the most popular Google search terms in 2013. Paleo provides a clear and impactful introduction to the Paleo diet and aims to educate and inspire readers to clean out their cupboards and reset their lives with nourishing, healthful and whole foods based on those consumed prior to the industrial revolution. The 55 beautifully photographed recipes included will provide practical advice and encouragement to keep readers on track and informed.

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