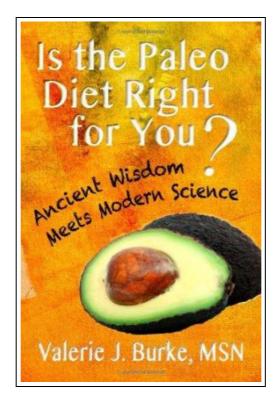
# Is the Paleo Diet Right for You?: Ancient Wisdom Meets Modern Science



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# IS THE PALEO DIET RIGHT FOR YOU?: ANCIENT WISDOM MEETS MODERN SCIENCE



Panther Speak Books. PAPERBACK. Condition: New. 0989998606 Brand New; satisfaction guaranteed. Are you interested in the Paleo Diet but haven?t decided if it?s right for you? Do you want to know what science has to say before throwing out all of the food in your pantry? Then this book is for you!This book outlines a gentle, stepwise plan to gently guide you toward making wise some lifestyle changes without going straight into stress and overwhelm?which leads many to failure.This is not just a how-to-go-paleo guide or a recipe book?it?s much more. It delves into why the modern Western diet is leading us down the road to pain and misery and chronic illness, points out misinformation you hear almost daily from so-called nutritional experts, and offers strategies to help you put out the biological flames before they burn hole in your health and longevity.The Paleo Diet points us toward living more like our hunter-gatherer ancestors. Returning to this way of eating?and living?can have enormous benefits for your health, including restoring your energy, firing up your metabolism, and reversing the inflammation that can leads you down the road toward heart disease, obesity, cancer, and Alzheimer?s. This book looks at Paleolithic nutritional principles based on what the latest science is telling us?as opposed to making lofty, unsubstantiated claims.Topics covered include surprising facts about how differently sugar and fat act in your body, the saturated fat myth, and antinutrients in common foods that silently wreak havoc on your immune system. One chapter may forever change how you approach exercise! The book also covers the latest research about the massive microbiome living inside you and the critical role it plays in every aspect of your health.

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