



Health Primal Living: Discover How to Live and Eat Like a Caveman to Become Healthier and Change Your Life (Paperback)

By Bill Price

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do You Want To Feel Better, Look Better, And Get Healthier? Discover How To Live And Eat Like A Caveman To Become Healthier And Change Your Life. Are you looking to get into better shape? Maybe you want to lose weight for health reasons, or maybe you need to lose weight for medical reasons? If you re like many people, you ve probably tried a little bit of everything. Maybe you ve seen some results here and there, but they just don t seem to last. That s because. Modern Diets And Fitness Programs Just Don t Work. If you ve followed the fitness and health industries over the past few years, they re always coming out with something new. Things like exercise machines, supplements, and low-fat diets are commonplace in the world of fitness. But, unfortunately, none of that ever seems to work. Researchers and nutritionists have made some miraculous discoveries recently that show that these high-tech methods for getting in shape, losing weight, and supposedly becoming healthier may be doing the opposite. That s right. Many of the...



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