



The Paleolithic Diet What It Is and Why It Works

By Mackenzie Jagger

First Choice Publishing. Paperback. Condition: New. 86 pages. Dimensions: 7.8in. x 4.9in. x 0.3in. The Paleolithic Diet What It Is and Why It Works Amazon 1 Best Seller The Paleolithic Diet is NOT a fad. It is the diet that was eaten by our ancestors, the Paleolithic humans around 2.5 million years ago. Research has revealed that the diseases that afflict the modern societies today were not present during the Paleolithic age. Inside The Paleolithic Diet - What it is and Why it Works Mackenzie Jagger explains why following this caveman diet book results in benefits we all are striving to attain and why this diet has had a resurgence like no other diet in history. How Will You Know What You Can Eat Omelets, soups, salads, stir-fry, and even Chicken Marsala are all delicious options for the Paleolithic dieter and it does NOT stop there! Paleo nutrition is built into everything you'll eat and Mackenzie gives you the one question you'll need to ask yourself before you decide whether you should eat a particular food or not. And once you know what foods you can eat, you'll be creating your own personal Paleo meals in no time! The positive...



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