



All in 1 Paleo for Beginners (Paperback)

By Orlando Scott, W L Professor

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Trying to find a healthier alternative to the modern day diet ? Then Paleo is definitely the solution for you ! Modern day living forces people to choose on-the-go, easy-to-cook, instant food that lack nutritional value and contains too much fats, sodium, and sugar. Due to this modern-day lifestyle, obesity is on the rise. In 2015, more than one-third (34.9) of the adult American population is obese. The reason for this is unhealthy eating and lifestyle. The American diet consists of too much calories, too many fats, excessive sodium and too much sugar. High calorie food such as mayonnaise, French fries, pizza, hotdogs, salami and others can cause fat build up in the body. Calories are needed by the body as it is turned into energy but when you consume too much, your body will store it as fats, which can lead to obesity. Food rich in trans-fat and saturated fats such as cheeseburgers, potato chips and French fries produces cholesterol in the body, which can lead to heart diseases and cause blockage to your arteries. Sodium-filled food on...



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