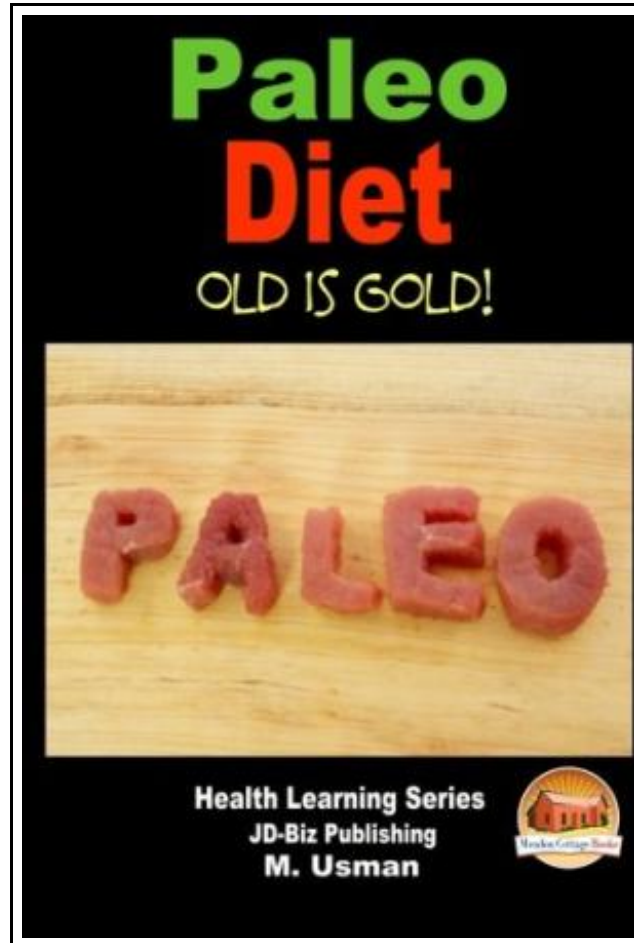


## Paleo Diet - Old Is Gold!



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### ***Reviews***

*Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Pasquale Klocko)*

## PALEO DIET - OLD IS GOLD!



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paleo Diet - Old is Gold! Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: What to Eat and What Not? Chapter 3: Switching to the Paleo Diet Chapter 4: Paleo Diet Comparison Chart Benefits of Paleo Diet Chapter 1: Weight-Loss Chapter 2: Reduces Type-2 Diabetes Risk Chapter 3: Builds Muscles Chapter 4: Other Benefits Breakfast Recipes Chapter 1: Paleo Bread Chapter # 2: Paleo Pancakes Chapter # 3: Zucchini Eggs Main Dishes Chapter # 1: Paleo Chili Chapter # 2: Baked Salmon Chapter # 3: Rapid Roast Chicken Chapter # 4: Paleo Chorizo Kale Stew Chapter # 5: Spaghetti Squash with Sauce Chapter # 6: Homemade Pastrami Others Chapter # 1: Parrothead Salad Chapter # 2: Banana Bread Chapter # 3: Coconut-Dark Chocolate Chip Cookies Chapter # 4: Grapefruit Avocado Salad Conclusion References Author Bio Prelude What began as a social service has now become a means to earn money and fill one s pockets; specific eating patterns or diets have long been used to get rid of an ailment or condition. The technological boom, along with the ever increasing cleverness of the marketing industry, has resulted in the release of a number of diets that could do wonders for you. The wonders part is definitely true, but the kinds of wonders most of them do come at great costs, therefore, it s time to rethink as to where it all went wrong.A simple answer arises: we became modern. That s right, we became modern and abandoned the techniques through which our ancestors survived. Also, we became so disillusioned with our lives that we fell into the simple trap of making our lives better, the...



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