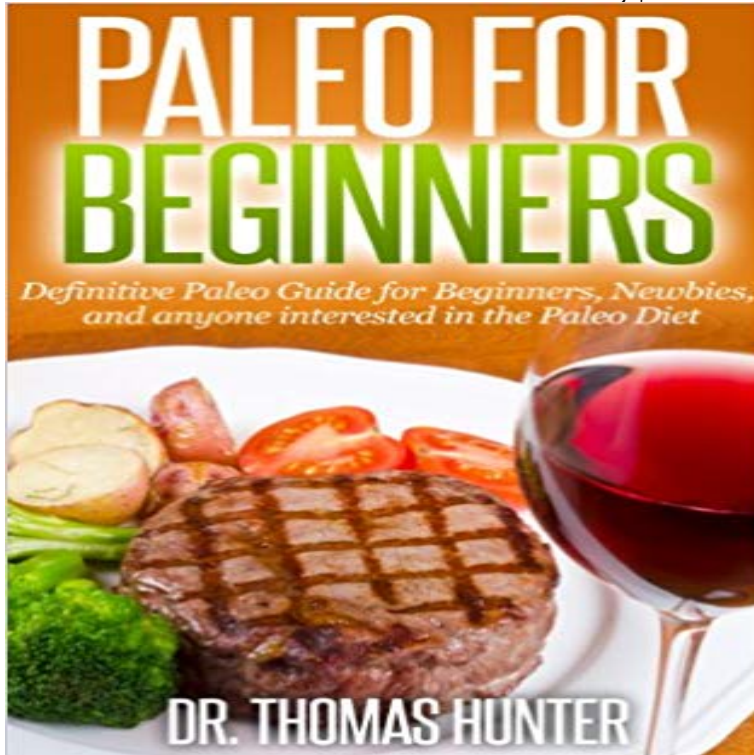


Paleo for Beginners: Definitive Paleo Guide for Beginners, Newbies, and anyone interested in the Paleo Diet (Paleo for Beginners - Introduction to the Paleo Diet and Primal Eating Book 1)



Paleo for Beginners - The only Paleo Intro You Need Welcome to your NO BS Paleo for Beginners Crash Course. This book will teach you all the basics you need in order to get started on a Paleo diet. I am Dr. Thomas Hunter and you are about to get the real scoop on Paleo for Beginners. If you have ever had any questions and are confused about all the info out there about Paleo you are in the right place. I am going to clear all the confusion and get you informed on all things Paleo. This is not a recipe book. If you want recipes there thousands of recipes out there. This book will give you the ins and outs of living a Paleo lifestyle for beginners. I have helped patients from all walks of life adopt a Paleo lifestyle and have helped to cure almost any health ailment you can think of. I've consulted with athletes, celebrities, and average joes. One thing they all have in common is that the Paleo prescription has them living life at peak optimal performance all year round. Isn't it time you started living life powered by rocket fuel instead of regular unleaded? Here's a Glimpse of Paleo for Beginners - Origins of the Paleo Diet - Permitted vs. Non-Permitted Foods - Benefits of going Paleo - Paleo Grocery List - A Day in the Life of the Paleo diet - Dining out with Paleo - Paleo Success - Paleo tips and tricks Paleo for Beginners will teach you Exactly everything you need to know in order to live a Paleo lifestyle and reach all of your health goals with extreme efficiency. I will take you by the hand and show you exactly how Paleo for Beginners can take you from an absolute novice to having a complex understanding of the Paleo diet. The Paleo diet can help you achieve your weight loss goals, get you in better health, and increase your energy levels dramatically. You may ask, Why Paleo? - Lose weight and body fat - Improve blood lipid profiles - Fight off dangerous disease - Excel in your chosen

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Improve athleticism - Control blood sugar -
Heal the gut and stomach issues you have -
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