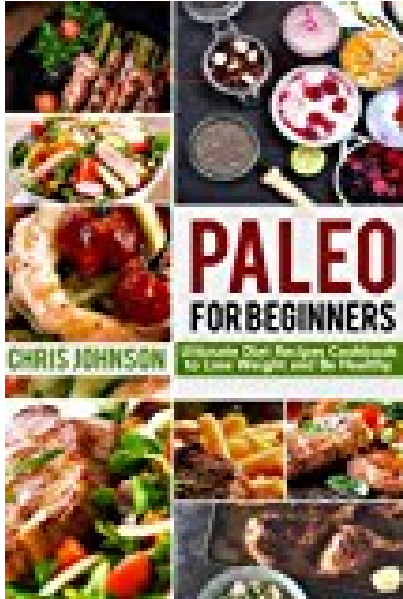


Paleo For Beginners Ultimate Paleo Diet Recipes Cookbook to Lose Weight & Be Healthy



BOOK DETAILS

- Author : Chris Johnson
- Pages : 250 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1539040623



BOOK SYNOPSIS

Paleo For Beginners will show you how to easily and effortlessly adopt the paleo lifestyle so that you can feel healthy, lose weight, decrease inflammation, and skyrocket your energy level. With this ultimate paleo guide, you'll enjoy the most amazing health of your life, while turbocharging your immune system, easing rheumatoid arthritis and osteoarthritis, and losing weight. You'll also reduce your odds of diabetes, high blood pressure, heart disease, stroke, cancer, osteoporosis, and many other chronic illnesses. Quick & Easy Paleo Meals That Are Simply Delicious & Healthy Paleo Diet For Beginners is a comprehensive, yet concise guide to the Paleo lifestyle. It shows you how to prepare delicious, quick and easy paleo recipes that are specifically designed for people who don't have time to spend hours in the kitchen making elaborate, complicated recipes, but who want to turbocharge their immune systems, skyrocket their health, enjoy longevity and lose weight. Starting a new diet can be challenging, but with the Paleo For Beginners guide to paleo eating, you'll be amazed by the simplicity of the paleo lifestyle, and by magnificent benefits it has to offer. Start enjoying the paleo lifestyle today!

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