



The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young

Loren Cordain

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How to take the Paleo Diet to the max for optimal weight loss and total health—from bestselling author and top Paleo expert Dr. Loren Cordain

Dr. Loren Cordain's best-selling *The Paleo Diet* and *The Paleo Diet Cookbook* have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts and other foods that mimic the diet of our Paleolithic ancestors. In *The Paleo Answer*, he shows you how to supercharge the Paleo Diet for optimal lifelong health and weight loss. Featuring a new prescriptive 7-day plan and surprising revelations from the author's original research, this is the most powerful Paleo guide yet.

- Based on the author's groundbreaking research on Paleolithic diet and lifestyle
- Includes a new 7-day plan with recommended meals, exercise routines, lifestyle tips, and supplement recommendations
- Reveals fascinating findings from the author's research over the last decade, such as why vegan and vegetarian diets are not healthy and why dairy, soy products, potatoes, and grains can be harmful to our health
- Includes health and weight-loss advice for all Paleo dieters—women, men, and people of all ages—and is invaluable for CrossFitters and other athletes
- Written by Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles internationally regarded as the founder of the Paleo movement

Whether you've been following a Paleo-friendly diet and want to take it to the next level or are just discovering the benefits of going Paleo, this book will help you follow the Paleo path to the fullest—for lifelong health, increased energy, better sleep, lower stress and weight loss.

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Gail Brasfield:

The book untitled The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young contain a lot of information on this. The writer explains her idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the idea. The book was compiled by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can keep reading your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice study.

Susan Gaier:

Within this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become considered one of it? It is just simple solution to have that. What you need to do is just spending your time not much but quite enough to possess a look at some books. One of several books in the top listing in your reading list will be The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young. This book which is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this book you can get many advantages.

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