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Michael E. Reese

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This book contains all there is to know about the Paleo Diet, including a complete Paleo Diet plan for beginners who wish to lose weight in six weeks. This book will guide you on how to easily adapt to an eating regimen that makes the most sense and lets you lose weight naturally.

The Paleo Diet is in essence more than just an eating regimen. It is more of a lifestyle that encompasses almost all the dietary principles on which all other dietary regimens are founded. Most important of all, it reveals why it is superior to other deprivation diets.

For those who are thinking of embracing the Paleo concept for the first time, this book reveals the logic and the underlying reasons why the Paleo diet is the most ideal approach to losing weight and gaining a lifelong healthy lifestyle.

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