



Paleo: A Beginner's Guide Contemporary Caveman's Footpath to Radiant Health (Paperback)

By Amy Felon

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you intrigued by the Paleo Diet, but unsure that a regular person, like yourself, could succeed on it? If so, this book is for you. Written by a two year Paleo veteran, Contemporary Caveman's Pathway to Radiant Health is an extremely practical, down-to-earth how-to manual. The book nails down topics like, What if I can't afford to buy all organic food? and, Is it ever okay for me to cheat? The author shed 25 pounds and abolished low blood sugar issues on a very modest budget-a budget that did not permit the I eat organic everything lifestyle. It shouldn't be just the wealthy who enjoy good health! Read Contemporary Caveman's Pathway to Radiant Health and find out how the rest of us can savor a Paleo Diet triumph.



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