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Paleo Diet: World Class Recipes, Top Ingredients, And Living Healthy: World Class Recipes, Top Ingredients, And Living Healthy

Dan Thompson

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The bane of this century is processed food, transfats, and saccharides. Obesity, cancer, heart disease, Alzheimer's, ADHD in children, and so many other ailments are plaguing humanity today. To counter the ill effects of the present age, a variety of diets are in vogue. This book is going to take an in-depth look at a trending new age diet – The Paleo Diet. The Paleo Diet is believed to be the diet followed by our ancestors in the Stone Age. It primarily consists of meat, fish, fruits, berries, and tubers, sans the dairy products, cereals and the processed food. It was Dr. Boyd Eaton's paper "Paleolithic Nutrition: A Consideration of its Nature and Current Implications" that brought to the fore the health implications of this caveman diet to modern society. I have referred to stalwarts like Dr. Loren Cordain, who has contributed significantly in the field of evolution and diet. This book will attempt to give you an understanding of following a food plan that ensures that your body is not ingesting and digesting food that is laden with carcinogenic additives and preservatives. This book attempts to provide a brief introduction to Paleo diet before plunging into the strengths of the various Paleo ingredients. In the course of the book you will be surprised to find that several delectable dishes can be made from Paleo ingredients. I will also briefly touch on how exercise and Paleo diet can go hand in hand and how muscle building is so possible when following this caveman diet. Hopefully, on this journey you can become an ardent Paleo follower and progress towards a fitter, healthier and happier you.

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