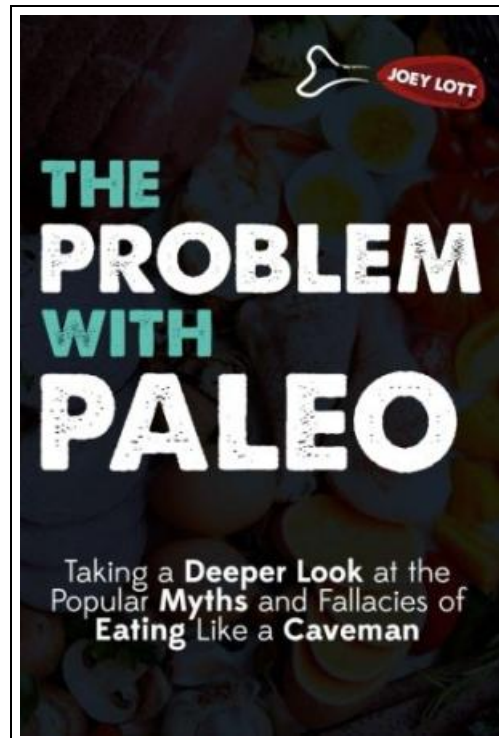


The Problem with Paleo: Taking a Deeper Look at the Popular Myths and Fallacies of Eating Like a Caveman (Paperback)



Filesize: 9.59 MB



Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

THE PROBLEM WITH PALEO: TAKING A DEEPER LOOK AT THE POPULAR MYTHS AND FALLACIES OF EATING LIKE A CAVEMAN (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Holy Health Food or Paleo Propaganda? So, you've given up grains, sugar, and dairy-the evil white foods-in the name of health and weight loss. Seems like a pretty good plan, right? After all, the world is abuzz right now with paleo diet plans and low-carb lifestyle tips. It seems everyone has gotten on the paleo bandwagon, but is it really all it's cracked up to be? Lots of Hype, But How Much is True? The industry experts-the Wolfs, the Sissons, the Kressers-claim that a paleo or primal diet can cure all that ails you. Diabetes will disappear. Digestion will run like clockwork. Your excess weight will melt right off, and your muscles will be the envy of bodybuilders everywhere. The trouble is that most people don't question if any of it is really true. Worse yet, some people start to experience negative side effects-fatigue, weakness, anxiety-and go to greater dietary extremes, still sucked into the paleo ideology. The trouble with most diets is that they claim to work for everyone all the time. And the truth is that that is simply not true! Paleo is no different. So if paleo doesn't work the way it says it does, what is the truth? Questions Answered, Health Renewed Is insulin really the fat-storing hormone? Is sugar really the devil? If ketones are the preferred fuel source for the body, why will the body resort to eating its own muscle tissue if it's deprived of carbohydrates? Author Joey Lott explores these, and other vital questions in The Problem with Paleo, a must-read for anyone hooked on the paleo propaganda but wondering if it's really too good to be true....

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books

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Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn't porn. Everyone always asks and some of our family thinks

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**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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