



# **Paleo Diet For Beginners: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat**

*Olivia Mitchell*

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In this book, we are going to reveal all the information you need to know about weight gain, and help you in deciding the perfect paleo diet for beginners women plans for successfully losing excess weight.

### Paleo Diet Intro

Many nutrition specialists view The Paleo Diet as one of the most intriguing dietary plans created in the last couple of years. The diet is based mostly on the eating patterns of our earliest hunter gatherer ancestors, even though some may view this technique as being a revelation in terms of nutrition.

Our ancestors depended mostly on the food offered by nature in order to sustain their nutrition needs, simply by gathering different kind of fruits, veggies, plants, and hunting wild animals. These practices were kept until around 10.000 years ago, when all people included the same dietary approach.

We can state that the foods consumed by our ancestors back then are still the best foods adapted to our metabolism in the modern society. The reason why we find it so hard to adapt to the modern agriculture-based diet is that our genes have not changed so much in the last thousands of years. Many researchers believe that our genes still resemble the genes of our Paleolithic ancestors.

The same researchers state that the hunter gatherers were also taller, had better builds and bigger brains compared to the modern people, and they were also healthier. You may probably say that their life expectancy was shorter, but this fact was mainly influenced by the external factors that endangered their existence at that time.

CALL US If You Have Any Regarding Diet Program Questions - 866-642-8159 ( Mon - Sat ) 9AM - 9PM

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