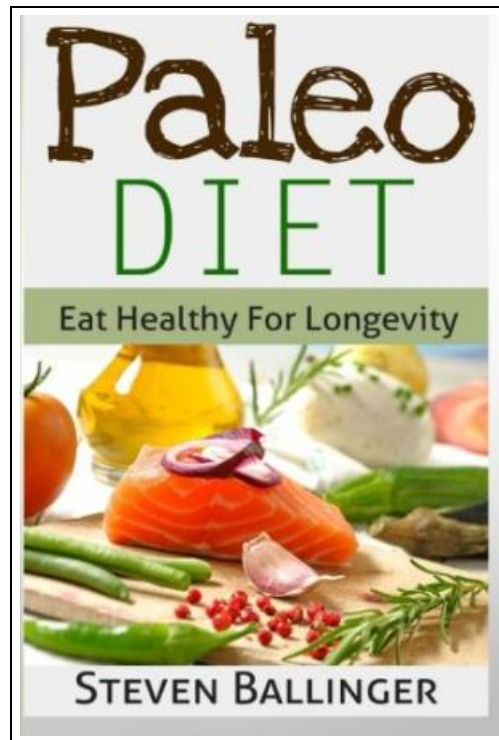


## Paleo Diet for Beginners: Eat Healthy for Longevity



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*(Dr. Teagan Beahan Sr.)*

## PALEO DIET FOR BEGINNERS: EAT HEALTHY FOR LONGEVITY



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Losing weight is a challenge for millions of people each year. Even though more and more people are undertaking fitness events ranging from 5K races to triathlons and marathons, the statistics also show that the West is becoming more overweight with each passing year as well. The culprits are easy to find. Heading out to a restaurant for dinner? You re likely to get a plate of food that has twice as many calories as you need. It s likely to be loaded with carbs and sodium. You ll push back from the table full, but your body will not benefit much as a result. Heading to the grocery store? The aisle end caps and the sections in the middle of the store are loaded with processed foods in which we over-indulge. Add this to the sedentary lifestyle that too many people lead, spending both work and leisure hours seated in front of electronic devices of some kind, and you have a dangerous trend in the West: spiraling obesity for people leading increasingly low levels of activity. The Paleo Diet hearkens back to the ancient days of history when man was a hunter-gatherer. In general terms, the paleo diet includes foods that he would have eaten: fruits, vegetables, meat, game, fish, and nuts. There are no dairy products or grain-based products in this diet, and there is nothing that is processed. Can this work for you? It s worked for thousands of others. Take a look at the steps that you need to take to put this to work in your own life.

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