



# **Paleo Diet: Paleolithic Nutrition - Health from Nature**

*Susan Margret Wimmer*

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## **Paleo Diet: Paleolithic Nutrition - Health from Nature** Susan Margret Wimmer

Our modern diet has created an epidemic of obesity and disease, leaving people fat, tired and oddly enough – hungry. Hungry for change, hungry for weight loss and hungry for health. When current wisdom fails, where should the hungry turn? The Paleo Diet is both simple and revolutionary. Taking our history and evolution into account, the Paleo Diet rewinds the clock and reminds the human body of the way we used to eat – the way we are Meant to eat. Pulled from the dietary and genetic archives of our collective history, this diet will not only help you lose weight, but you achieve the type of health your body is meant to have. In this book you will learn: • What The Paleo Diet is – and isn't. • How The Paleo Diet can help you increase your health. • How eating the Paleo Way can help you lose weight • The astounding Science behind the Paleo Diet • What you should and shouldn't eat while living the Paleo Lifestyle • Paleo Specific Meal Plans • Recipes • And more! Don't wait, you owe it to yourself and to your family to make this the year you take control of your health and your weight – The Paleo Diet can get you there, and keep you there.

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