

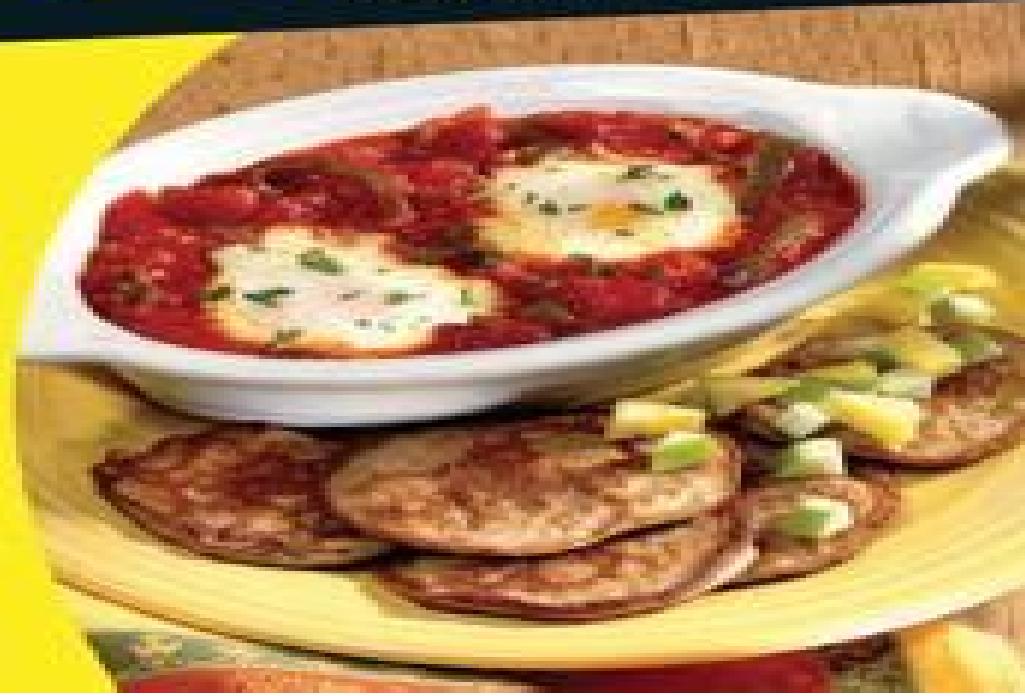
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Dr. Kellyann Petrucci
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help you lose weight even if on some other diets the food ingested here would be strictly forbidden It requires some self discipline to follow the Paleo diet and refrain from eating all non Paleo foods They essentially consist of foods like bread all types of carbohydrates sugars beans and wheat products Everything that prehistoric humans lacked since they didn't practice agriculture and instead subsisted only on hunting and whatever plants they could find in the wild It is a low carb high protein diet that emphasizes consuming regular quantities of meals while still decreasing weight Therefore even if paleo diet recipes are simple you should be able to find some that fit the definition of what is deemed Paleo At the same time if you're a novice the meal won't seem so unusual or alien that you won't attempt it What you will receive from this book is as follows A variety of Paleo recipes including some for games and desserts Easy to follow recipes that are a touch off the beaten road Clearly written directions on how to prepare the foods I also provide you a free book that covers everything about Paleo so you can maximize the benefits of these dishes You're sure to learn something new regardless of how experienced you are with the paleo diet Get this cookbook and start experimenting with some mouthwatering and enjoyable new dishes

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Essential Oils For Dogs The Blokehead,2015-06-19 According to a study conducted by folks at doTERRA a company that's dedicated to distributing first rate essential oils to international customers dogs are among the top animals who respond very well to the effects of essential oils It can be traced to the fact that the four legged animals have an exceptional sense of smell Regardless of the breed you have be it a Golden

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