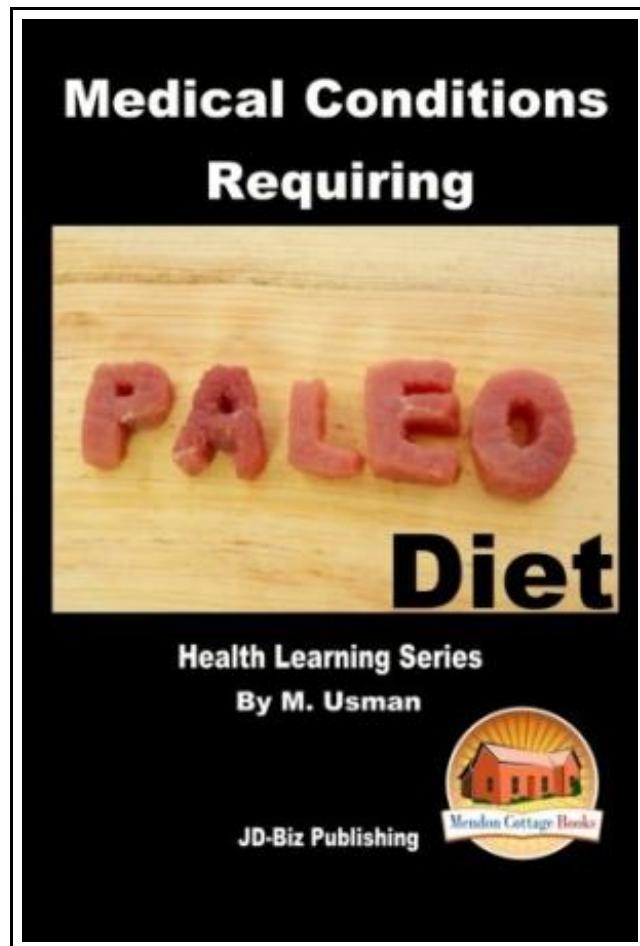


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Medical Conditions Requiring Paleo Diet - Health Learning Series Table Of Contents Introduction: The ancient diet Section one: Knowing paleo diet Paleo diet explained. Dissecting paleo diet: An analysis of its components Section two: Medical conditions benefitting from paleo diet Cardiovascular diseases: A heart protecting diet Diabetes: Too much sweetness, too many problems. Obesity: Eat less, get thinner but with more energy Sleep problems: A soothing diet Allergies: I am totally natural says paleo diet Skin problems: Be gone you rashes! Autoimmune diseases: Protecting you from your own self Introduction: The ancient diet In the search for the best diet, a theory was presented in the 1980s. The theory reminded humans of their ancestors and the healthy lives they used to live. It blamed the development of modern diseases on our present imperfect diet which it considers a recent innovation as compared to what our bodies have been adapting to, for the major part of history. It says that if we eat the diet of our ancestors, we will return to that healthy state and the diseases of our present time will fade away into non-existence. This is the concept behind paleo diet. Paleo diet, a modern adaptation of the supposed diet of our ancestors, is claimed to be the solution to the dietary hazards of our time. Can it really provide benefits over our present diet? Can it really be the solution of hazardous diseases that have plagued the modern society? This book discusses the advantages of paleo diet over modern diet relevant to the cure of diseases and assumes the position that indeed, paleo diet can be the solution for the major diseases...



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