



Unravelling Paleo: Beginners Guide to Paleo & Interviews with Robb Wolf, Dr. Loren Cordain & Nell Stephenson & Where to find Hundreds of Paleo Recipes for Free! (Unravelling Paleo Series Book 1)

Ankit Neerav Pandey

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Unravelling Paleo (2nd Edition)

- 1st Edition now loved by thousands of readers (10000+) worldwide!

ALL you ever wanted to know about the Paleo diet.. and Bucket-loads more! (Amazon Bestseller)

Losing Weight, Making a Smooth Transition, Keeping a tight Budget, Paleo for kids, Food lists, Expert Interviews.. and we're just getting started!

The A-B-C of Paleo:

We introduce you to the diet that has been all the rage in the US and around the world in recent times!

-What you can eat, what you cannot, Paleo Vs Other Diets, FAQs & more!

Paleo for Health Conditions:

Learn How going Paleo can help you with Diabetes, Heart disease, Autoimmunity and **even Acne!**

Making a Smooth Transition:

Discover how to make a smooth and successful transition to the Paleo lifestyle - Planning your transition strategy and tips to help you make a smooth transition.

Losing weight:

Can Paleo Help You lose weight? You Bet! Learn the Best tips to lose weight with the Paleo diet, exercising on the Paleo diet, keeping your weight in control and keeping track of your BMI.

Where to Find Authentic Paleo Recipes for FREE!

We show you where to find Hundreds of REAL Paleo recipes for FREE (With Direct Links to them!)

Staying Paleo:

How to avoid cravings, keep yourself motivated and cheat smartly on Paleo.

PLUS: Tips for Eating Out, Travelling & Socializing on the Paleo diet.

Keeping a tight budget:

Paleo isn't expensive. Discover buying tips to help you save money on the Paleo diet.

Paleo for Kids:

Is Paleo good for your Kids? - Discover how to make your kids love Paleo, tips to keep your kids on the diet and more.

Interview with Dr. Loren Cordain, PhD

The world's Leading expert on the Paleolithic diet and the Founder of the Paleo Movement, answers your questions on:

Is Paleo good for your Kids? He also shares his personal experience with his three sons.

Should you go Paleo if you don't exercise?

How to determine if a dish is really Paleo?

..and much more!

Interview with Robb Wolf

Author of the International Bestseller 'The Paleo Solution', answers your questions on:

Do Paleo foods reduce your lifespan?

Can Paleo help improve memory too?

**How much seasoning is good with paleo food?
..and much more!**

Interview with Nell Stephenson

One of the collaborators of Dr. Loren Cordain's Cookbook and the author of 'Paleoista, Gain Energy, Get Lean and Feel Fabulous with the Diet You Were Born to Eat', answers your questions on:

Is there any difference between Paleo for men and women?

What inspires her to stay Paleo?

Tips for the Absolute beginner.. and much more!

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Deborah Martins:

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