

The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young

By Loren Cordain



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The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young By Loren Cordain

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How to take the Paleo Diet to the max for optimal weight loss and total health—from bestselling author and top Paleo expert Dr. Loren Cordain

Dr. Loren Cordain's best-selling *The Paleo Diet* and *The Paleo Diet Cookbook* have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts and other foods that mimic the diet of our Paleolithic ancestors. In *The Paleo Answer*, he shows you how to supercharge the Paleo Diet for optimal lifelong health and weight loss. Featuring a new prescriptive 7-day plan and surprising revelations from the author's original research, this is the most powerful Paleo guide yet.

- Based on the author's groundbreaking research on Paleolithic diet and lifestyle
- Includes a new 7-day plan with recommended meals, exercise routines, lifestyle tips, and supplement recommendations
- Reveals fascinating findings from the author's research over the last decade, such as why vegan and vegetarian diets are not healthy and why dairy, soy products, potatoes, and grains can be harmful to our health
- Includes health and weight-loss advice for all Paleo dieters—women, men, and people of all ages—and is invaluable for CrossFitters and other athletes
- Written by Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles internationally regarded as the founder of the Paleo movement

Whether you've been following a Paleo-friendly diet and want to take it to the next level or are just discovering the benefits of going Paleo, this book will help you follow the Paleo path to the fullest—for lifelong health, increased energy, better sleep, lower stress and weight loss.



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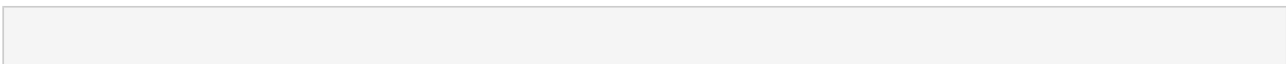
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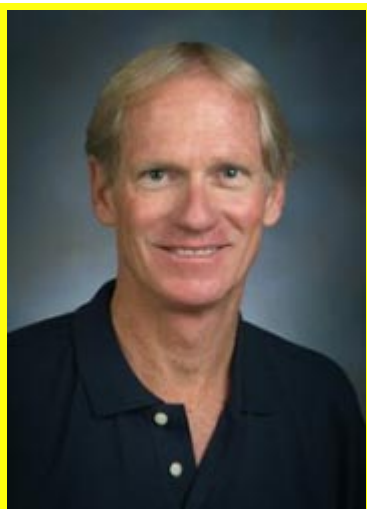
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Editorial Review

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From the Author: The Paleo Answer Top 10 Shopping List



Author Loren Cordain, Ph.D.

- Wild salmon
 - Lean beef (grass-fed if possible)
 - Hormone-free chicken
 - Organic eggs
 - Raw unsalted walnuts
 - Ground flaxseed meal
 - Organic broccoli
 - Organic blueberries
 - Orthopedic-style walking shoes
 - Short-sleeve white cotton T shirt
-

Review

' Here's all you need to know about the paleo lifestyle. ' (Woman, November 2012)

From the Back Cover

"The Paleo Diet helps you lose fat, improve your health, and feel great. Loren Cordain's groundbreaking scientific research is changing the way we look at eating."

—**ROBB WOLF**, author of the *New York Times* bestselling *The Paleo Solution*

"Loren Cordain's weight-loss plan simply works."

—**MICHAEL R. EADES, M.D.**, and **MARY DAN EADES, M.D.**, authors of the *New York Times* bestselling *Protein Power*

"The Paleo Diet is at once revolutionary and intuitive. Its prescription provides without a doubt the most nutritious diet on the planet."

—**Dr. Jennie Brand-Miller**, coauthor of the *New York Times* bestselling *The New Glucose Revolution* series

Dr. Loren Cordain's bestselling *The Paleo Diet* and *The Paleo Diet Cookbook* have helped millions of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts, and other healthful modern foods that align with the diet of our Paleolithic ancestors. In *The Paleo Answer*, Dr. Cordain shows you how to supercharge the Paleo Diet and create your own Paleo plan for weight loss and optimal lifelong health. *The Paleo Answer* provides:

- A powerful new 7-day plan with Paleo meal plans, supplement recommendations, and exercise and stress-reduction advice
- The latest groundbreaking global research on Paleolithic diet and lifestyle
- Inspiring stories of people who have lost weight and improved their health through the Paleo Diet and the Paleo lifestyle

Users Review

From reader reviews:

Derek Wire:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled *The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young*. Try to make the book *The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young* as your pal. It means that it can to be your friend when you really feel alone and beside that of course make you smarter than ever. Yeah, it is very fortunated for you personally. The book makes you a lot more confidence because you can know every thing by the book. So , we need to make new experience and also knowledge with this book.

Clarine Davidson:

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studying a book especially fiction book the author will bring one to imagine the story how the people do it anything. Third, you may share your knowledge to others. When you read this The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young, you can tell your family, friends and also soon about your book. Your knowledge can inspire average, make them reading a guide.

Billy Taylor:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

Mitchell Wilder:

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