

PALEO: The Healthy New You with Paleo (Includes All-time Best Paleo Recipes -- Breakfast, Lunch, Dinner & Desserts)

Annabel Jacobs

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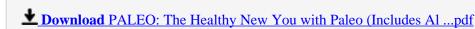
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Paleo Diet also known as "The Caveman Diet", Paleo diet is a traditional but modern diet regimen that emulates the healthy eating of the cave mans during the Paleolithic era. It focuses on consuming wild plants and animals eaten by humans. Paleo diet advocates recommend that you should stay away from any foods that were not available to humans at the time of the Paleolithic era. These foods are dairy products, processed oils, legumes and refined sugar.

The "Caveman Diet" may sound like a weird fad diet to you, but in fact, it is not. Back in the days wherein civilization, processed foods and development are inexistent, humans are accustomed on eating real, whole unprocessed foods. Those foods are healthier and harmless to our bodies. According to sources, humans have adapted best to whole foods such as meat, plants and seafood over the past 200,000 years.

However, when the agriculture came on the scene nearly 10,000 years ago, humans did not have enough time to completely adapt on eating modern foods such as sugar, wheat and chemically processed seed oils and vegetables. Many supporters of Paleo diet believed that this is one of the reasons why many people suffered cardiovascular diseases, autoimmune disorders, type 2 diabetes and obesity. They claimed that industrialized food might be the primary cause of such diseases. That's why the Paleo diet encourages you to return to more ancestral way of eating in order to prevent and fight those illnesses.



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