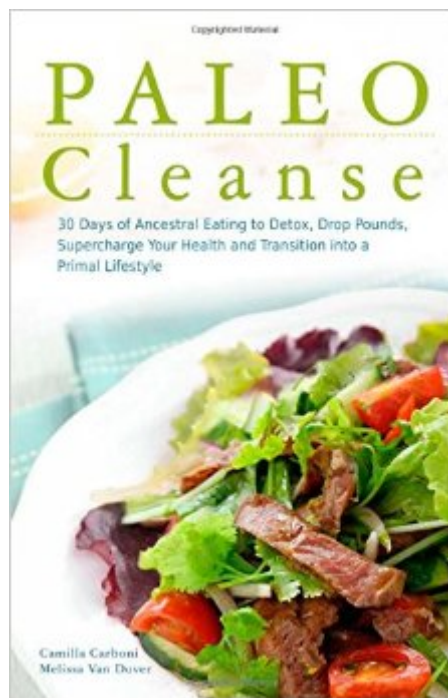


The book was found

Paleo Cleanse: 30 Days Of Ancestral Eating To Detox, Drop Pounds, Supercharge Your Health And Transition Into A Primal Lifestyle



Synopsis

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX Transform your body and improve your health with this hard-core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you: • Lose Weight • Increase Energy • Boost Mental Clarity • Improve Digestion • Reduce Inflammation Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetables, the Paleo Cleanse has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

Book Information

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Customer Reviews

I've been following an Ancestral diet for well over a year now, and have never felt better, both physically and mentally. When I embarked on my journey I struggled with finding food and creating meals that were Paleo-friendly, and I went through a lot of trial and error. The Paleo Cleanse is the book I wish I had all along. Some Paleo books are highly technical, more suited for scholarly reading, and some are merely basic recipe books that really don't explain the details of a Paleo-lifestyle. The Paleo Cleanse takes the best of both and transforms it into an easy-to-read but highly-informative book packed with great information and recipes. As a "veteran" Paleo-dieter, I would recommend this book for both those that are new to the Paleo-lifestyle who need guidance as well as my fellow "veteran" Paleo-dieters looking for some great new recipes.

Paleo Cleanse is a new Paleo person's dream. It's packed with information, yummy recipes, and week-by-week support. It provided the perfect amount of what I'd need to know, about history and dietary reasoning, without overwhelming or boring me, as some diet lifestyle books have. I even found myself laughing a few times while reading. I really enjoyed the structure of this book beginning with the stories of both of the authors and how they came to find this lifestyle and thus be inspired to write the book. From the beginning, I connected with the authors and their particular journeys and could see that they wanted to share the lifestyle that has so beneficially impacted their lives and health. The presentation was very balanced. The book is set up as a 30-day cleanse with the option of continuing on and becoming Paleo full time. I believe it's important to have a balance and I liked how the book continued to remind the reader to notice the positive changes, without guilt or brainwashing the reader that this is the one and only true way to eat. It was very encouraging and supportive, providing a structure with recipes to follow each week, along with reminders and tips to look out for. The bonus recipes in chapter 23 made my mouth salivate just reading them. Overall this book, whether one chooses to complete the challenge or not, reminded me that our bodies are worth the time, money, and attention. We must treat them well and be aware of how the foods we eat affect our health and well-being. Without our health we have nothing.

I'm not a dedicated Paleo eater, but I'm always looking for healthy delicious meals to prepare for my family, so I thought I'd try this book. I had heard of eating Paleo, mostly from people I've known who've done CrossFit, or from Google searching, but I had chalked it up to another fad diet, seemingly restrictive and unrealistic to maintain (who could give up dairy, grains, and beans forever?!) This book has opened my eyes--not only to what eating Paleo really means, but mainly WHY eating Paleo is a great lifestyle choice. It is NOT a fad diet; it is a way of life (and that need not be intimidating). After explaining why you should try eating Paleo, the authors have organized the cleanse into meal planning at a glance, grocery lists, and recipes for each week. It is very easy to follow and the recipes are creative and sound delicious (cauliflower hummus--yum!). Our family already eats healthy (or so I thought), but now I'm inspired to go the extra mile and try eliminating grains, dairy, legumes, and refined sugars to improve our overall health and quality of life.

I've never tried any formal diet or cleanse before so was a little skeptical. This book made it so easy to follow and provides motivation to complete a cleanse. It provides you a month's worth of meals and gradually builds you up to understanding Paleo. There are numerous recipes along with tips to

get you through the 30 day cleanse. I enjoyed the cleanse and the recipes were very great. They are easy to modify as well to fit your taste.

I have had amazing results after 3 weeks and still going. Down 10lbs, 18+inches and 2% body fat!! I haven't been able to lose any weight since the birth of my second child. I have a lot more energy. The book lays out the plan for 4 weeks and it is very easy to follow. I was able to cut out things that I love- sugar, carbs and cheese! I can't wait to see what my final results are.

This is a great introduction into the Paleo lifestyle. You get a good background on Paleo without getting bogged down into a bunch of scientific mumbo jumbo. The plan is clear & concise with weekly modifications. There are checklists and reminders to keep you on track. Everything is well organized. There are also a lot more recipes included than I expected. They look fabulous and are made with normal stuff you can buy at the store. Many of them are also quick to whip up. All in all, I am quite pleased with the purchase and I would recommend it to anyone looking to start a Paleo journey. Those that have already started their Paleo journey will like the recipes & can use the cleanse to get back on track if they hit a bump.

Has some really good clean eating recipes and helpful plan on how to stick to a paleo diet, or take the first steps in adapting to one. This isn't quite a cook book, more like a how to. I would have liked a bit more research and evidence based/ peer reviewed articles, but this was a bit more generic in statements. Still, helpful and well written.

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