



12 Paleo Myths: Eat Better Than a Caveman (Paperback)

By Matt Stone

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Got the Paleo blues? Eating the perfect diet for your genetic blueprint, but mysteriously feeling worse? Think it's because you're not trying hard enough? Think all these problems are due to the one croissant you had 6 months ago? Think again! There are some serious flaws with the Paleo Diet. Sure, many people lose weight when they switch over to a boring diet of mostly meat and vegetables. Well, for the first few months before they start gaining it back that is. And many see health improvements - legitimate ones, as happens when the nutrition content of a diet goes up dramatically. Of course there are people who benefit from switching from a McDiet to something like Paleo! But many get ravaged by it, and there are clear, obvious, and very basic physiological reasons for it. Obvious signs that the Paleo Diet is inappropriate for you would be cold hands and feet, frequent urination, nighttime urination or night sweats, sleep problems - particularly waking up between 3-4 am, anxiety or panic attacks, muscle cramps, irritability, lack of...

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