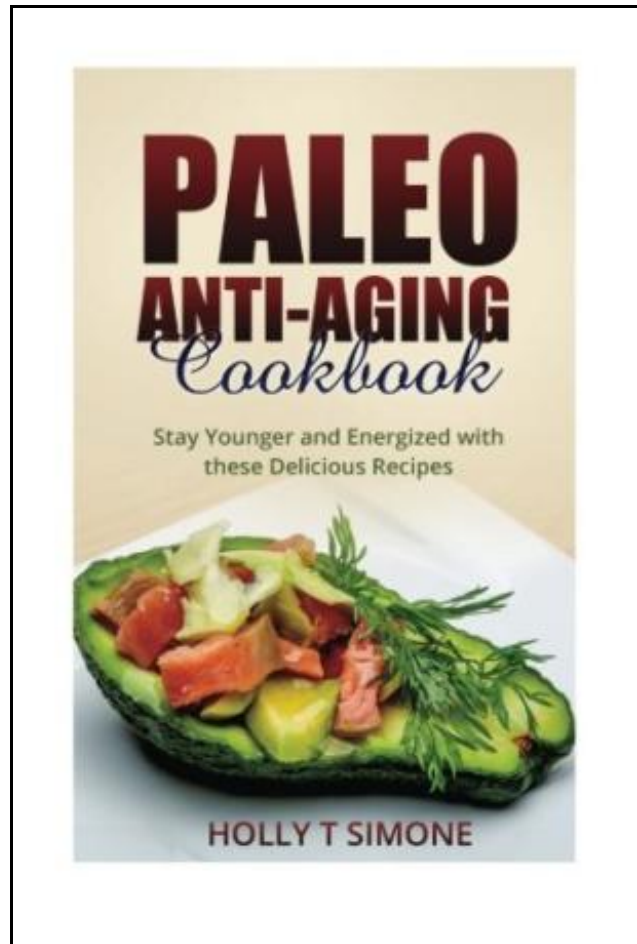


Paleo Anti-Aging Cookbook: Stay Younger and Energized with These Delicious Recipes



Filesize: 3.13 MB

Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.


(Kade Ankunding)


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Aging is a fact of life - it happens to everyone and there is nothing you can do to stop it. Just because you can't keep your body from aging, however, doesn't mean that you have to accept the consequences. The best thing you can do for your body is to make healthy eating decisions and that is exactly what the Paleo diet is. If you are serious about taking back control of your life in order to look and feel younger than ever, this book is the perfect place to start. In this book you will receive the following: An introduction to the consequences of aging An overview of the Paleo diet including allowed foods A collection of 25 delicious Paleo recipes for anti-aging When you make positive changes to your eating habits by switching to the Paleo diet you can transform your body and your life. If you are ready to look and feel younger, pick a recipe from this book and give it a try!.

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