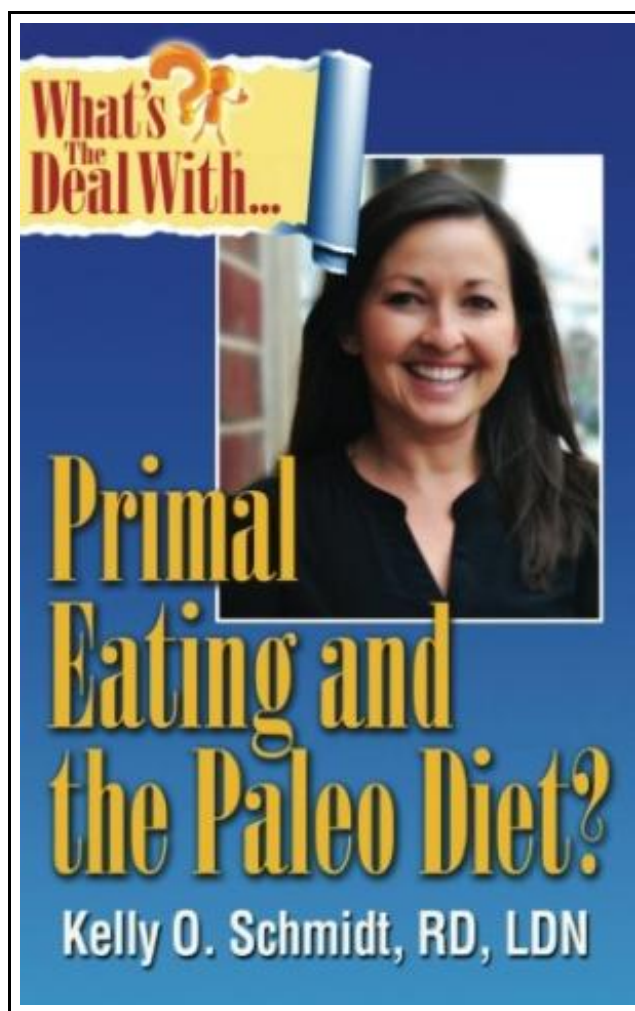


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People Tested Books, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.How can the paleo and primal lifestyle improve my wellbeing? Paleo is a must-know diet that many are touting and incorporating into their routine to optimize health. Kelly O. Schmidt, a registered dietitian and leading voice in the paleo and primal lifestyle movement is a passionate health advocate who stumbled upon this lifestyle while uncovering the best method for managing her type 1 diabetes. In What s the Deal with Primal Eating and the Paleo Diet? Kelly explains the paleo and primal diet with supportive evidence-based research, through a conversational style, while providing insight on her personal journey and advice she is finding most valuable to her clients and in the paleo and primal community overall. What s the Deal with Primal Eating and The Paleo Diet? is an easy to digest overview of a paleo and primal lifestyle, where readers can quickly and easily walk away understanding what steps are needed to adapt some of the protocols. Additionally, this book leaves consumers armed with: Sample recipes, Grocery list, Meal plans, Highlighted superfoods, Education on how all calories are not created equal, Information on what populations are best suited for the lifestyle, and more. Health is more than food; it s the way we think, move, interact and connect with nature. The quality of a diet is far more important than quantity and the sum of personal habits determine life span, but more importantly the level of our quality of life.



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