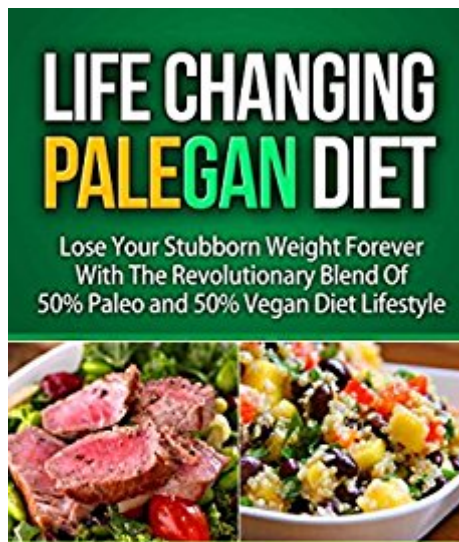




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Paleo And Vegan: Life Changing Palegan Diet: Lose Your Stubborn Weight Forever With The Revolutionary Blend Of 50 % Paleo And 50% Vegan Diet Lifestyle ... Plant Based, Cookbook, Health Book 1)



AXEL STRUBBE



Synopsis

Use this ebook to Lose weight, lower cholesterol and significantly reduce the risk of disease. Today! 60 million years ago our first forefathers ate like apes with a diet inclusive of fruits, roots and insects. At 2.6 million years ago on the timeline, they began eating hunted meat while it was 10,000 years ago that exclusive paleo diet began. When blended, paleo diet and plant based or vegan diet brings a drastic transformation unlike common weight loss diets sans results. This is because our bodies are not built exclusively for the vegan diet or the meaty diet. Unlike herbivores animals like cow, our stomachs are not four walled or better equipped to break the strong plant cells by chewing it a second time as cud. Our methodic transition through both the surprising diets and the closing 7 days menu elaborating on what youâ™re free to eat than not, is recorded as successful to many who had hit a weight loss plateau before. Palegan diet does not require you to be as tough as a Himalayan Yogi. No restriction on Calories or self control deep checks. I have compiled the best of useful tweaks to completely transcend into the new Palegan diet based on our current cutting edge science and technology. Here is a Preview Of What You Will Learn...How the Palegan Diet worksHow Vegan Diet WorksHow Paleo Diet WorksPros and Cons of Paleo and Vegan DietsAnd Much, Much, MoreTake Action and Get this Kindle book for \$2.99!

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Excellent explanation of what consist the palegan diet. This type of diet will give you flexibility of what to eat. Interesting material of discussion.

Content is decent but there are a lot of typographical errors

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