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# Intro To Paleo: Quick-Start Diet Guide To Burn Fat, Lose Weight, And Build Muscle

## Intro to **PALEO**

by bestselling author  
**ABEL JAMES**



## Synopsis

Want to harness the principles of the Paleo diet, ancestral health, and primal fitness, to burn fat, build muscle, and improve your health? Want 9 delicious Paleo recipes from Civilized Caveman Cooking? Whether you're a Paleo beginner or a knuckle-dragging rockstar, you'll enjoy and be informed and entertained by this concise exploration of the Paleolithic diet and primal lifestyle. At roughly 44-pages, this Introduction to the Paleo lifestyle is a brief, easy-to-read, and informative resource to help you rolling right away. Abel James, host of the wildly-popular Fat-Burning Man Show, covers a brief history of the natural human diet, paleo fitness, meal ideas, 9 delicious recipes, a shopping list, and a complete paleo-in-a-page resource to get you started (or back on track) right away. Take a look at "Paleo in a Page" if you're in a hurry to get started. Learn where the concept of Paleo came from and where it's going. See why you don't need to buy expensive supplements, miracle fat loss potions, or do endless hours of cardio to lose weight and improve your health. Find out principles that spur fat loss by supercharging your metabolism and muscle growth. Eating less and exercising more is not necessary. A calorie is not a calorie. You do not need to tether yourself to a treadmill. When you embrace the Paleo lifestyle, you can be lean and enjoy life. It's a piece of (gluten-free) cake.

## Book Information

File Size: 5515 KB

Print Length: 96 pages

Publisher: BrainFood Productions; 3 edition (June 5, 2012)

Publication Date: June 5, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B0089F60FW

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #18,234 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods #12 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #14 in Kindle Store >

## Customer Reviews

Abel does a great job simplifying the complexities of the Paleo lifestyle, one that has without a doubt, saved my life. Paleo has allowed me to lose over 60lbs, ridded me of blood sugar issues, blood pressure issues, joint pain, digestive issues, allergies, and many other problems plaguing modern western society... Give it a try for 30 days and you'll never look back.

I'm new to the Paleo world, having stumbled upon it when I desperately needed drug-free help for chronic migraines. Giving up gluten was something I was willing to try, and Abel and others have helped me tremendously. I'm migraine-free for the first time in 10 years! This book is short and to the point and would be a great introduction to the Paleo lifestyle for anyone who may be curious. Try it!

hard to fathom, but i was skeptical about this among all of the other material out there, however, by following some of the simple steps outlined, i have seen weight loss, feel better and have more energy, i would recommend just reading and making your own judgement, i for one, will be following this far into the future as a way of life.

I thought this type of "diet" was just a fad like all the others. Boy was I wrong. This will change your life. Hence, it's not a "diet" but a lifestyle change. I've only been following this "Common Sense, Keep It Symple" lifestyle for a few months but I'm seeing great results. At 45, I'm looking better than I ever have my whole life. I feel great, and you owe it to yourself to check it out and make the change. Give it a try. Surprisingly, it only takes a few simple tweaks if your eating halfway decent to start with. There are other longer more detailed books out there that will tell you the same thing, so spend a fraction of your time and check this out to see if the Paleo lifestyle is right for you.

This lifestyle seems to make sense. I had implemented some aspects being I went gluten free (after reading "Wheat Belly") a couple of years ago with which I received an unexpected reward. I had a shoulder giving me so much trouble that I could not implement weight training into my workout routine. Two weeks into the gluten free lifestyle my shoulder simply stopped hurting. I now enjoy weight training along with a healthy diet! I'm now diving in a little deeper to explore the paleo lifestyle.

As the author of FIRE-UP YOUR FAT BURN! Super Easy Quick Tips, Strategies and Goals for Fast Weight Loss (Kindle Edition) I found Abel Jame's book to be an important tool not only in the area of weight loss, but in creating overall optimal health. I highly support Abel Jame's viewpoint that a paleo lifestyle will indeed lead to fat loss, muscle strength and much more. Inflammation via carbohydrate intake and more is the core cause of weight gain, ill health and faster aging - and this is exactly what Abel James is addressing for you. His ability to relay the Paleo lifestyle in an easy to absorb manner will make the difference between ill health, weight loss and faster aging or optimal vibrant health.

It was \$3.00 so what do you expect? I personally would have still put in the effort to deliver a great product. This is a couple of Blog Posts at best---Not a book. With James' academic pedigree I'm surprised he didn't hold himself to a higher standard? Also, it seems that James and many of his contemporaries are stumbling upon truths that have been well documented facts in the field of athletics for many years. Darden, Arthur Jones, Vince Gironda, Mentzer, etc...etc...Wrote about this stuff 30+ years ago.

I just started Paleo and this a great book for beginning Paleo eating. It gives you the reasons, research, and recipes. I have gone on to get a few more books on Paleo, recipe books and others using Paleo. Being diabetic and on Coumadin, I have had to change the menus at times to meet my health needs. I highly recommend this book for those wanting to know about Paleo diets. I have lost five pounds in a month. I have not needed my inhaler and my joint issues are better.

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