



Paleo Cleanse: 30 Days of Ancestral Eating to Detox, Drop Pounds, Supercharge Your Health and Transition into a Primal Lifestyle

Camilla Carboni, Melissa Van Dover

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TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX

Transform your body and improve your health with this hard-core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you:

- Lose Weight**
- Increase Energy**
- Boost Mental Clarity**
- Improve Digestion**
- Reduce Inflammation**

Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetables, the *Paleo Cleanse* has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

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From Reader Review Paleo Cleanse: 30 Days of Ancestral Eating to Detox, Drop Pounds, Supercharge Your Health and Transition into a Primal Lifestyle for online ebook

Christen Zoccolante says

Paleo Cleanse is a new Paleo person's dream. It's packed with information, yummy recipes, and week-by-week support. It provided the perfect amount of what I'd need to know, about history and dietary reasoning, without overwhelming or boring me, as some diet lifestyle books have. I even found myself laughing a few times while reading.

I really enjoyed the structure of this book beginning with the stories of both of the authors and how they came to find this lifestyle and thus be inspired to write the book. From the beginning, I connected with the authors and their particular journeys and could see that they wanted to share the lifestyle that has so beneficially impacted their lives and health.

The presentation was very balanced. The book is set up as a 30-day cleanse with the option of continuing on and becoming Paleo full time. I believe it's important to have a balance and I liked how the book continued to remind the reader to notice the positive changes, without guilt or brainwashing the reader that this is the one and only true way to eat. It was very encouraging and supportive, providing a structure with recipes to follow each week, along with reminders and tips to look out for.

The bonus recipes in chapter 23 made my mouth salivate just reading them. Overall this book, whether one chooses to complete the challenge or not, reminded me that our bodies are worth the time, money, and attention. We must treat them well and be aware of how the foods we eat affect our health and well-being. Without our health we have nothing.

K. says

I won a free copy from the Goodreads First Reads Giveaway Program and think that it is interesting. I would recommend it to everyone.
