



## Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life

By Nora T. Gedgaudas

Healing Arts Press. Paperback. Book Condition: New. Paperback. 416 pages. Dimensions: 8.9in. x 6.0in. x 1.1in. Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness. Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function. Shows how our modern diet leads to weight gain and diseases of civilization--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD. Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention. Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and diseases of civilization--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental...



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*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting reading this one. Your lifestyle span will probably be converted once you complete reading this publication.*

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*This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have studied inside my personal life and can be the best ebook for actually.*

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