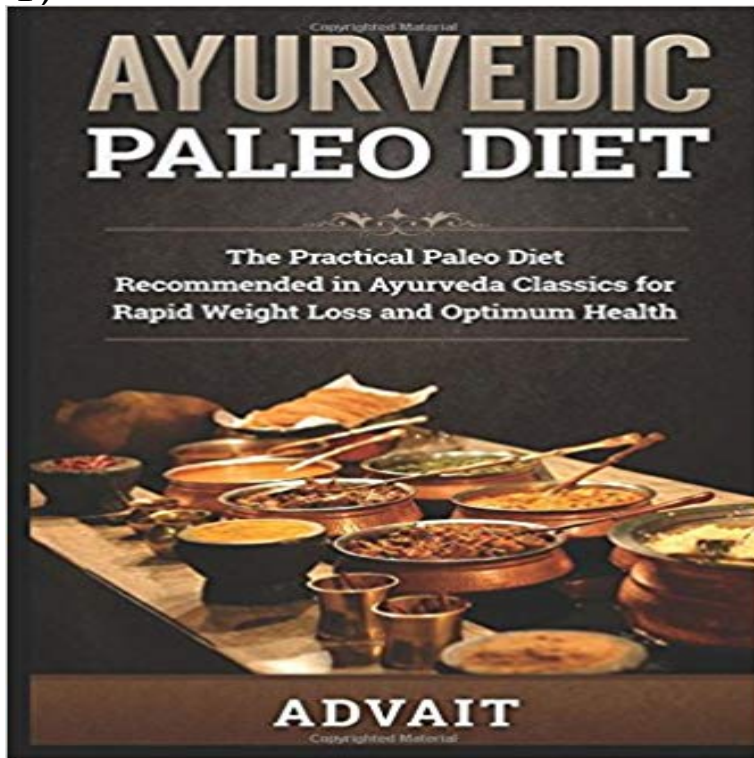


Ayurvedic Paleo Diet: The Practical Paleo Diet Recommended in Ayurveda Classics for Rapid Weight Loss and Optimum Health (Volume 1)



The Ancient Paleo Diet 55 million years ago... We existed on earth as primates and ate leaves, fruits, insects and small animals.

2.5 million years ago... Evolution has played its part and now we stand tall and walk on two...Some of the brightest minds amongst us have discovered fire and invented stone tools. We now live as Hunters and Gatherers. 10,000 years ago... We have invented Agriculture & Animal Husbandry and our way of life has drastically changed. We have now settled down in small communities and we grow our food in our backyards and rear our own animals for milk and meat. 100 years ago... The Fast Food Revolution is here and its here to stay, soon we have started consuming packaged and processed food, which is mass produced on an industrial scale and is richly infused with chemical preservatives, artificial sweeteners and saturated fats. 45 years ago, in 1970... We figure out that the root of all evil is our changed food habit and lazy lifestyle. Walter Voegtlin's work shows that, The next big thing of Diet is here, which advocates that we must mimic what our paleolithic ancestors ate, so that we will be as healthier, leaner and stronger as them. This diet is later popularized as Paleo Diet in 2002 by Loren Cordain. This is the common chronology you are aware of, But, there is a missing link... India- 5,000 years ago, The Vedic Times... The Ayurvedacharyas and Maharshis of ancient India have observed and anticipated the effects of settling down and changed lifestyle has on the human body. They have designed recipes that make the food we consume more suitable and easy for human digestion and assimilation. This is the True Paleo Diet. Today... I bring you the Ancient Ayurvedic Paleo Diet. Discover:: Ayurvedic Paleo Recipes This book details a variety of simple ayurvedic recipes that help you achieve Rapid Weight Loss, Leaner Body and Optimum Health by

providing your body a diet which has; # more Fiber # more Proteins # more Healthy Carbs # more Omega-3 Fatty acids # more Vitamins and Essential Minerals # more Unsaturated Fats # Ingredients that put your metabolic rate in Top Gear Everlasting Weight Loss and Optimum Health is achievable!! just follow the Ayurvedic Paleo Diet.

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