

# [PDF] The Paleo Miracle: 50 Real Stories Of Health Transformation

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## Description:

**Review** "The Paleo Miracle should be a must read for every family doctor in the US & around the world. As I was reading story after story of people taking their health into their own hands and getting miraculous results, my motivation to spread the word about this lifestyle increased exponentially. I believe this book will save lives. I pray it will. It's powerful and inspiring, you will be motivated to take control of your own health and you won't stop until you do."

~ Michelle Norris, Co-Founder of PaleoFX, therealpaleofx.com, Co-Owner of Instinct Catering, instinctcatering.com

"If there is one thing you can take away from this book, it's TRUTH!! Every single story in this book is TRUE!! Every single person in this book has overcome some kind of 'diet' failure and or some kind of medical issue and discovered the power of what EATING REAL FOOD can do for you. True Health, True Confidence, True Strength. Wouldn't you like to discover that for yourself?"

~ Tim Swart, All In Paleo: Big Tim's Primal Journey, [allinpaleo.com](http://allinpaleo.com)

"This is the most inspirational, eye-opening, emotional and powerful book I've read this year. There is nothing more powerful than real people and real stories, especially stories of unbelievable and phenomenal change of health. These stories will provoke awe as well as provide the kind of inspiration that no number of scientific double-blind peer-reviewed studies can give."

~ Eve Haapala, Primal Woman, [theprimalwoman.blogspot.fi](http://theprimalwoman.blogspot.fi)

### **From the Author IT'S YOUR CHOICE**

Paleo is more than just a way of eating. It is a philosophy with the following premise: Take nothing for granted, do your own research about nutrition, eat clean natural unprocessed foods, and listen to your body.

If you dig deeply enough into the studies that have been done about nutrition, you will come across a lot of information that contravenes contemporary "wisdom" about fat, carbs, and protein, and which sources of these are best for your body. You will learn about lectins, anti-nutrients, and bioavailability.

Unlike other "diets," the paleo list of foods to stay away from is not a random selection the author of the diet believes will prevent you from getting fat. We in the Paleo community do not eat certain foods because we believe, based on both our research and our experiences, that they are poisonous to our bodies.

So what are these foods? Grains, processed foods, sugars, vegetable oils, beans, potatoes, and for some of us, dairy. It's a short list - but these foods make up an increasingly larger percentage of the Standard American Diet ("SAD"), and consumption of them is at an all-time historical high. At the same time, the rates of heart disease, high blood pressure, cancer, diabetes, celiac disease, anxiety disorders, and countless others, are also at an all-time high.

But, if you do a good job researching, you will learn that correlation does not equal causation. And that is why I put this book together: To connect the dots for you.

Many of those who eat paleo do so simply because it makes them feel younger, more lucid, more energetic, and they love how they look naked.

On the other hand, many of us have been forced to do so because we had a disease or condition. We were dissatisfied with what we were told by our physicians was the only option: Living with an incurable disease because it is genetic, and managing the symptoms with expensive prescription medicine.

In the paleo community, we believe that FOOD IS MEDICINE. We have either eliminated all symptoms of, or dramatically improved, the diseases we had by eating REAL food - as much of it as our hearts desire - and in most cases have become completely medication-free. And we have also

learned that when your body is healthy inside, it looks healthier on the outside too. As a result, most of us have dropped weight or have experienced a shift of weight away from the less flattering parts of our bodies. Bonus.

The people featured in this book have all undergone an inspiring transformation, to the point where many of them have started blogs or websites, and written books. We are all born again, and are excited to share our secret with you.

After reading the stories contained in this book, you will make a choice. On the one hand, you can read this book, mentally categorize it as too good to be true, and continue eating a SAD diet because you like how good it tastes, or because that is what you were told to do. Most of you will select this choice because, quite frankly, it is easier to continue believing what you already believe - besides, you really like your cereal, pasta, and whole grain bread. You will no longer wonder why, despite that you are eating what most people consider to be healthy, and are doing tons of cardio, your health and fitness have plateaued or declined. You will just chalk it up to age or genetics.

On the other hand, if you have the courage to put yourself to the task, and are willing to get through 2-3 tough weeks of tough transition and grain withdrawal while you infuse your body with healthy fats, clean carbs, and lots of nutrients, you may discover what has been described as the fountain of youth, dramatically improve medical conditions that you have been managing your whole life, and drop weight as you never thought possible.

And although we in the paleo community have all done it, it is nonetheless nothing short of a true miracle.

So there it is. Choose wisely...because you are the one who has to live with the results of your choice for the rest of your life.

Peace and love to all,

Joseph Salama  
November 3, 2012

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