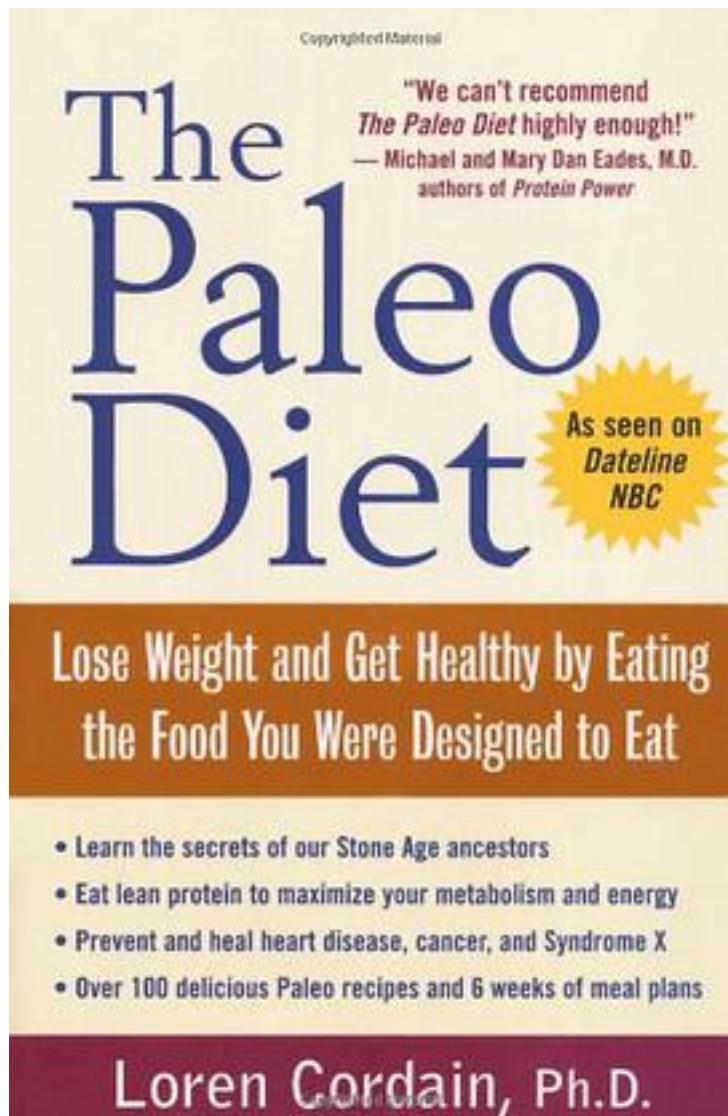


The Paleo Diet



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著者:Cordain, L.

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As seen on Dateline NBC Healthy, delicious, and simple, the Paleo Diet is the diet our genes were made for. It is humanity's original and optimal diet, designed by natural selection. Written by the world's acknowledged scientific expert on Paleolithic (Stone Age) nutrition, "The Paleo Diet" presents readers with a revolutionary program that causes weight loss in overweight people - up to seventy-five pounds in six months while normalizing blood cholesterol, and increasing energy levels. It is also useful in the treatment of diabetes, hypertension, kidney stones, osteoporosis, Syndrome X, and autoimmune diseases. With over 100 delicious Paleo recipes, six weeks of Paleo Meal Plans, and three levels of the diet for everyone from casual dieters to those who seriously need to lose weight, "The Paleo Diet" gets us back to the way Mother Nature intended us to eat. Loren Cordain, PhD (Ft. Collins, CO), is one of the world's most renowned scientists doing substantial research on the original human diet. He is generally acknowledged as the world's leading expert on the Paleolithic diet. Dr. Cordain's work has been featured on Dateline NBC and on the front page of "The Wall Street Journal".

作者介绍:

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书评

I came to know Paleo diet the through a branch of philosophy called evolutionary cybernetics. The idea of Paleo diet makes sense, and fits within my experience with my body. This is my first book into this subject, and the first expression is positive.

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