



The Paleo Diet - 20 Tips to Help You Get Slim, Sexy Body in One Month

Elton John Ty Aguilar

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“Would you be healthier (or fitter or thinner) if you ate like a cave man?”

Nothing is **more important** than to be **healthy always** by learning the value of eating with good diet.

Finally, a book designed specifically for people who are **overweight** and their families to seize the opportunity to **lose weight and achieving slim and sexy body**.

Take advantage of this exclusive information for people who are overweight and their families alike. Each chapter will **provide tips** on the **Paleo diet** for you to get **slim, sexy body** giving you the chance to apply it on your own. Plus, the book is in printed and digital format so you can read it at your convenience and review multiple times.

Chapter 1. Paleo Diet For The First Time, Getting Ready, Achieving Slim And Sexy Body

- Understanding Paleo Diet • Acknowledging healthy results • Achieving slim and sexy body

Chapter 2. Getting The Results You Wanted In One Month

- Identifying clear goals for your diet • Monitoring your progress • Trying out the Paleo Diet

Chapter 3. Eating Healthy Food With Paleo Recipes

- Knowing the basic Paleo cooking recipes • Preparing the healthy ingredients • Serving delicious Paleo meals

Chapter 4. Having People To Support Your Success

- Staying connected with other Paleo dieters • Communicating with Family on new Paleo diet • Taking active participation in community

Chapter 5. Helping People To Achieve Healthy Diet Goals

- Teaching people about Paleo diet • Mentoring on Tips for a healthy diet • Sharing your success story

Your author for this book is **Elton John Aguilar**. He was faced with the same problem as being overweight and was looking for an opportunity to lose weight and be healthy again. After struggling, he researched the best way to **lose weight by following the Paleo Diet**. Now the result of his diet is available to you.

"I've been lucky. I haven't fallen into the "try every diet" trap. I've done a few, to be sure. Now I've found my diet home: the Paleo Diet. Since changing the diet and eating habits of my family to follow the wisdom and science behind the Paleo Diet, my husband, children and myself are leaner, not meaner, but certainly stronger and best of all, healthy and fit."

- *Jan A. Turning Leaf Touch*

The book is conveniently in readable format. You and your family only need to follow the tips found in every chapter. Plus, it comes with a wide range of reference materials so you can download and read anytime at your convenience.

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