



The Paleo Slow Cooker: Healthy, Gluten-free Meals the Easy Way

Arsy Vartanian, Amy Kubal

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Note: This is a revised and updated edition.

The Paleo diet has been the latest health movement, taking the low carb diet a step further by eliminating grains and legumes and eating only lean, grass-fed meat. In short they consume only what was available to ancient humans or cavemen. The theory says that by eating what human bodies were designed to eat, people will be healthier, have fewer illnesses and lose weight. In many cases, Paleo diet consumers are also fueling their P90X or Cross Fit exercise routines, the two most popular fitness regimes in the country. The health benefits have been supported by major studies. This is a popular trend much like the low carb diet. It is combined with the great bookselling topic of slow cooking. While the cavemen didn't have slow cookers, they certainly used slow cooking techniques over fires which make the meals in this book one step closer to the origins and theory behind the diet. The delicious dishes are as homey as they are healthy—and ready when you are.



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Exactly why? Because this The Paleo Slow Cooker: Healthy, Gluten-free Meals the Easy Way is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret that inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of rewards than the other book have such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

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