



# **Powerful Paleo Superfoods: The Best Primal-Friendly Foods for Burning Fat, Building Muscle and Optimal Health**

*Heather Connell, Julia Maranan*

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Unlike other superfood lists you may have seen that include things like soy, legumes, quinoa and goji, the Paleo community has a very different idea of what constitutes nutritional power foods. With superfoods like grass-fed bison, bone broth, and coconut oil you are on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases.

Paleo expert Heather Connell will guide you through the top 50 Paleo superfoods from power proteins like salmon and locally farmed beef to super fats and Paleo-approved fruits and vegetables.

*Powerful Paleo Superfoods* is your essential guide to getting the best out of your caveman lifestyle.



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