



# **Paleo from A to Z: A reference guide to better health through nutrition and lifestyle. How to eat, live and thrive as nature intended!**

*Darryl Edwards*

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## **A Paleo Lifestyle Encyclopaedia**

- Having Trouble Finding Answers to Your Paleo Questions?
- Do You Want to Lose Weight And Regain Health?
- Do You Want to Prevent And Reverse Disease?
- Could You or Someone You Know Benefit from a Healthier Lifestyle?
- Do You Want to Feel Better Than Ever, But Not Sure Where to Start?

If you've answered YES to any of the above questions, then this book is for you. *Paleo from A to Z* makes it easy for you find out about the Paleo lifestyle.

The book consists of **over 500 topics** using jargon-free language and aims to dispel the misinformation that surrounds health and nutrition. The listings are set out in an **easy-to-use A-Z format** using a simple cross-referencing system linked to related topics. In this book you will learn:

- The foods to eat and avoid that allow you to enjoy better health.
- How to decipher acronyms such as **HIIT, VLDL, RCT, BPA and AIP**.
- Simple tips to improve sleep, reduce stress and regain vitality.
- How to better understand concepts such as blood tests, the role of inflammation and disease, hormones, and epigenetics.
- How to make sense of the other choices that contribute to wellbeing - such as the toxic chemicals you should avoid in your food, on your skin and in your home.

This is the perfect book for anyone thinking about trying a Paleo diet, for new Paleo users who need some extra information, or for those experienced with the Paleo lifestyle who just want a quick reference guide and some fine tuning.

Each entry not only answers a question but also keeps you motivated to stay on your journey to better health with practical tips, tricks and trivia. An appendix of research citations and resources are included too.

**The sooner you get your copy, the sooner you can be on your way to better health.**



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