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The Paleo Dieter's Missing Link: The Complete, Practical Guide To Living The Paleo Diet

Adam Farrah

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By presenting Paleo eating as a diet genre as opposed to a static diet with black and white rules, The Paleo Dieter' s Missing Link empowers readers to create their own individualized diet, make decisions and choices for themselves and create a lifelong eating and living practice based on Paleo principles.

Whether the reader s focus is on health, healing or athletic performance, the information in this book will help them:

* Learn which foods to eat and those foods that should be avoided.

* Understand that Paleo-like approaches to eating have been around for more than 100 years for those seeking better health and performance.

* Separate truth from fiction and fact from fad and fantasy, and understand the differences between Grain Free, Gluten Free, Paleo, Primitive and every other concept that gets thrown around the current diet landscape.

The Paleo Dieter's Missing Link delivers a highly practical, results oriented and intelligent approach to the Paleo body of knowledge. Applying Paleo and Ancestral concepts to his life and eating since 2004, Adam has a unique and deep knowledge and the ability to synthesize diverse ideas into a single big picture that shows us how Paleo evolved as a diet and where it is roots began in modern culture. From there, he combines practical experience with humor and unique understanding to create a highly readable, practical and sometimes irreverent diet book.

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