



Paleo Slow Cooker Diet: For The Busy Person, Super Easy, Healthy, Simple Family Gluten Free Recipes Designed For Your Paleo Diet

Thomas E Smith

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Discover the tasty and healthy recipes of the Paleo Diet!!!

Let's be honest with each other, you need to lose weight, your embarrassed of the way you look in the mirror. You cringe as you see unwanted weight on your body.

You're afraid of the reading your weight on the weight scale, your clothes that you love are too tight or don't fit at all.

Obesity is part of your life, and you are afraid you may be fat forever.

Maybe your spouse or boyfriend/girlfriend has left you for someone with less weight.

Your friends or family members are losing weight, but you are not losing weight, or maybe you are still gaining weight.

Even the thought of going out in a public place proves to be challenging because you're worried of people looking, staring or laughing at you.

You hate the way you look, you're ashamed and you don't know where to turn.

According to sources, two thirds of adults and one third of children battle obesity and overweight on a daily basis. If this trend continues, by 2030, 51 percent of the population will be obese. A frightening fact that affects those who you love and yourself.

It has also been reported that since the year of 1980, that children and adolescents who are overweight will have nearly tripled!

Sadly, obesity has been linked to over 60 chronic diseases. It has also been reported that because more Americans die every year from cancer, what is horrifying is that about one thirds of these deaths are attributed to being overweight, poor nutrition and lack of exercise.

What Is Paleo and How Will It Help Me?

Snacks

In this gluten free diet cookbook, you will learn first-hand of elementary recipes that are paleo slow cooker meals that are simple, and healthy and can easily be made in very little time and waiting to greet you the moment you come home from a long day. Inside this Paleo slow cooker book you will get the information you need to start your path to a better life style free of processed foods, and you will begin to feel better.

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