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Leggi ebooks La Dieta Paleo Per Principianti The Blokehead PDF, EPUB, mobi, Che cos'è la dieta Paleo

La dieta Paleolitica viene talvolta chiamata la "dieta del cavernicolo", la "dieta del cacciatore - raccoglitore", la "dieta dell'Età della pietra" o la "dieta del guerriero". Oggi tuttavia molte persone chiamano questo regime alimentare semplicemente "dieta Paleo". Essa segue i limiti dietetici dei nostri avi preistorici, in particolare quelli dei cacciatori-raccoglitori dell'antichità. Questa dieta fa enorme affidamento su prodotti freschi, evitando alimenti trasformati che più volte si sono dimostrati nocivi alla salute.

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