



The Complete Guide to Primitive Eating: A Self Paced, Step by Step Guide to Ease the Paleo Diet Into Your Life. (Paperback)

By David Soto Jr

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In January 2011 I decided to try my next diet. I had been exploring different diets for about 20 years by this point but this next one was different. This one made sense, common sense. I had already been a big proponent of getting back to our roots and getting as natural as possible. I had also recently been exposed to the theory that the Agricultural Age was the beginning of the demise of mankind. Mass producing food just did not seem natural, and when I found that there was a way to eat that supported my beliefs, I was all in. Before I could finish The Paleo Diet by Robb Wolf, I was blasting all over social media about how this was the only way to eat. I was even, for a short while, the Paleo police and would criticize people who were not following the "rules" to a tee. Realizing I was being a jerk, I gave up my badge for the Paleo police but I continued making posts and bragging about my...



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