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Book 1 This book is an excellent guide for people who want to know everything there is to know about the Paleo Diet. This Book is the Ultimate Guidelines for a beginner. The Paleo diet is a low carb diet, with a high amount of protein and a lot of vegetables. This diet is sometimes referred to as the "Caveman Diet" because it is basically anything that was eaten by a caveman. This diet is so effective because it forces your body to burn fats for energy, instead of glucose from carbs. If your goal is to lose weight, keep it off, and increase energy levels, you need to eat all natural, non processed foods like the caveman did. The caveman didn't have the technology to grow grains or make dairy products, so why would we eat them?. Adapting the caveman diet will not only help you live a healthy and fulfilling life but you will also be able to cut fat and look the way you've always wanted. This book will provide all information needed to implement the Paleo Diet in your life. I will discuss about the Paleo, the benefits of Paleo, What you can eat when on a Paleo diet, What Food Should You Avoid. I will help you implement the Paleo Diet. Here Is A Preview Of What Youll Learn... What is paleo The benefits of a paleo diet What you can eat when on a paleo diet Paleo exercise Top paleo habits Paleo and Weight Loss Much, much more!  
Book 2 Essential Oils a quick beginner guide Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to use Essential oils. For hundreds of years, essential oils have been used to for various medicinal purposes and lucky for you, they are still here to make your life healthy and awesome. Essential oils are known to combat stress, improve the quality of sleep, fight flu and cold, increase concentration, rid the body of toxins, aid in reducing muscle spasms and reduce chronic pains. Additionally, they are used for cleaning purposes. For instance, Lavender is normally recommended for to relieving stress, banish insomnia and improve the general concentration Here Is A Preview Of What Youll Learn... What is Essential oils Introducing Aromatherapies How does Aromatherapy work List of common oils and their uses Recipes Much, much more! Download your copy today! Tags: (paleo diet, benefits, weight loss, exercise, habit, healthy, how to start paleo, quickstart, Aromatherapy recipes, Essential Oil Recipes, aromatherapy, Oils relieve from headaches, Hair Care, recipes)

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