Change the Way You Look and Feel with
Living Paleo For Dummies®

(HOBOKEN, NJ) December 20, 2012 – The Paleo movement is one of today's hottest diet and healthy-eating approaches. The plan goes by many different names, including: Cave Man Diet, Stone Age Diet, Neanderthin, Pre-agricultural Diet, and Hunter-Gatherer Diet. Using natural foods, it is a sustainable alternative to more restrictive diets that often lead to burnout and failed weight loss efforts.

In Living Paleo For Dummies® (Wiley, 978-1-1182-9405-5, December 2012) author Melissa Joulwan and expert nutritionist Dr. Kellyann Petrucci explain how to adopt the Paleo lifestyle to improve health and longevity. The book offers more than 40 recipes for all meals of the day and provides tips for getting around common roadblocks, such as dining out.

This practical, primal guide also offers:

- The details of eating the foods that our bodies were designed to eat
- The latest, cutting edge research from genetics, biochemistry, and anthropology to help you look, feel, and perform your best
- A complete introductory plan to kick start the Paleo journey
- Tricks to save on the food bill while adhering to a primal meal plan

About the authors:
Melissa Joulwan is the author of Well Fed: Paleo Recipes For People Who Love to Eat and the paleo recipe and lifestyle blog www.theclothesmakethegirl.com. Dr. Kellyann Petrucci, who is a go-to expert in the nutritional field, helps patients build the strongest, healthiest body possible through her family-based workshops and consulting practice (www.drkellyann.com). She is also the coauthor of Boosting Your Immunity For Dummies®.

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By Melissa Joulwan and Dr. Kellyann Petrucci
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