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It started with a little weight gain and the glasses. Then, when I hit puberty my hormones were out of control. I had irregular periods, which we were told would

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The female experience: paleo and weight loss

I'm getting the distinct impression that the weight loss results on a paleo diet are much more consistent for men than they are for women. For the oth

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A fat loss template | everyday paleo

Hello Jason, I am wondering about a few things. What if you are 1) Leptin Resistant and Weight loss Resistant despite over 2 yrs of Paleo 2) Already eating a low

The unspoken truth about the paleo diet & weight

It's widely reported that the Paleo diet is great for fast weight loss, yet lots of people struggle to lose weight. What's the truth?

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Paleo for fat loss kettlebell kitchen

Carbohydrate intake is often the decisive factor in weight loss success and prevention of widespread health problems like Metabolic Syndrome, obesity and type 2 diabetes.

6 tips for successful weight loss on a paleo diet

In the last two articles, I explained how a Paleo diet can help you lose weight without trying, and why it s a better choice than many of the diets most commonly

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10 reasons you're not losing weight on paleo -

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How to lose weight without trying on a paleo diet

Hi every body, Diet is not about losing weight, it s about eating right. Read Grain Brain and you will understand Paleo Diet. Sugars cause inflammation, which ages us.

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