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Sustainable weight loss on a paleo diet | paleo

Some people struggle to lose weight even when on a Paleo diet. Learn the likely reasons for this and the tricks to get back into a fat burning mode.

A women guide to the paleo diet for weight loss

Everything you need to know about the Paleo diet, how to get started as well as results modern women can expect from this caveman diet.

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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

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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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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