



Modern Caveman: The Complete Paleo Lifestyle Handbook

Brett L. Markham

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From the bestselling author of the Mini Farming series and a ten year practitioner of the paleo diet comes Modern Caveman—a comprehensive health and fitness guide to everything paleo.

Nature spent millions of years forging genetic code so that you could be strong, fit and healthy throughout your life. Yet, when we look around, we see an epidemic of obesity, auto-immune diseases, young people with diabetes and people succumbing to heart disease in early middle age. Why?

Though “nature versus nurture” has long been at the heart of debates concerning psychology and sociology, it is only in the past few years that idea of conforming our diet and exercise to our genome has gained traction. And it is precisely this idea that holds the key to unlocking your potential to be happier, healthier and more fit than most can imagine is possible.

Why didn't our Paleolithic forebears suffer from tooth decay at all, yet dentists offices must now be ubiquitous in our society? Why is it that middle-aged men who are gobbling whole grains by the bushel and eating tofu to banish meat from their diets are still requiring expensive life-time statin drug prescriptions to control their cholesterol? The Modern Caveman Diet tries to answer these questions, describing an evolutionarily healthful lifestyle of diet, living patterns and exercise that are easily adopted and maintained throughout life. Are you ready to fulfill the true destiny that nature has given you? The Modern Caveman Diet holds the answer to achieving and maintaining a great body, strength, energy and active wellness right into a healthy old-age with dramatically decreased risks of “diseases of civilization.”



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