Paleo-content

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**Subject** – Do You Have a Strong Heart?

Hello me hearties,

We meet again!

It has only been a few weeks and we already feel like we have established a very heart to heart connection with our readers. We get that idea from immense amount of response and feedback we get from you. People ask us all kinds of question about health, lifestyle, and paleo diet. Most of them often come from people who are either heart patients or just concerned about their heart health.

So, they ask,

*‘Is a diet so full of carbs and fats really heart friendly?’*

Let us back our answer with a [research](http://www.weightlossresources.co.uk/diet/healthy_heart/paleo-caveman-diet-review.htm) conducted by the University of California. According to the researchers, paleo diet helped reduce and normalize the blood pressure in just 10 days. It also improved the blood cholesterol level. Another similar research showed that Paleo diet actually reduced the chances of blood clotting. So, with so many triggers of heart diseases being dealt with, what is there to fear?

The amount of carb and fat in the paleo food!

Well, that is true to some extent. Cavemen had a tough life and they needed all those carbs and fat to stay strong and agile all the time. The truth is, paleo is not just full of fat and carbs, it is also full of proteins and enzymes that break down the fat. As a result, most of that stuff gets converted into energy instead of staying there as extra inches and pounds.

So, now you know why you should go paleo.

Of course, because after all, it is a matter of the heart!

Have a happy heart.

Thank You,