Paleo-content

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**Subject** – Popular Paleo People You Should Know About

Hi,

We are here with yet another email regarding your health, lifestyle, and everything paleo related. Today, we are going to take a break from our usual paleo tips and concerns. We are going to talk about something more entertaining. That is right, we are going to talk about celebrities, particularly those who are endorsing paleo as the secret to their good health.

So are these Paleo starts:

* Uma Thurman – The Kill Bill superstar tops our list of stars who have chosen Paleo-esque lifestyle and are actually pretty open about it. Needless to say, she looks like a lady who can actually hunt for her own food.
* Jessica Biel – Jessica Biel is not just an actress, she is also a lifestyle guru known for her clean and raw food obsession. That is exactly what she proclaims for her key to an awesome body and beautiful skin such as hers.
* Matthew McConaughey – Beating the ladies down on this list is the heartthrob true detective. According to him, his diet is 90 percent paleo if not completely raw. That is the reason he doesn’t shy away from taking his shirt off on screen and in public.
* Kobe Bryant – Kobe Bryant of the Lakers admits that he focuses on some aspects of Paleolithic diet. His diet includes pasture fed meat and least possible amount of sugar.

So, how does paleo panning out for these celebrities?

We don’t even need to say another word.

Follow their lead and live your life like a super celeb.

Until next time,

Bye.