Paleo-content

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**Subject** – Too Old To Be Healthy?

Hi again,

Hope this email finds you in the best of your health. I wanted to ask if you have already chosen the paleo path. Oh, you haven’t, because you think it’s already too late?

How old are you? 40 plus? May be a little over 50?

Well, as paleo lifestyle experts, let us tell you that some of the people who are enjoying the best of paleo benefits are actually those who are past their retirement age. So, what we are trying to tell you is that age is just a number.

However, let us not forget that science does believe that our body and system starts to degenerate with time, or you can say that it loses its power to heal quickly. And that is the reason paleo lifestyle and diet makes perfect sense for people who are beyond their 40s.

As you age, your body loses its ability to defend itself from damage and its effect. Your unhealthy diet is more of a risk for you than it ever was. You are not just at the risk of obesity but also organ damage and diet related disorders. One of the biggest threats in this scenario is gluten.

Gluten is not easy to digest for a majority of people, and if you haven’t had intolerance in your youth, you have a chance of developing it now or in a few years. In that case, it is hard to diagnose and most people continue to amplify the harm with unhealthy gluten based diet.

Moreover, we have already talked about how heart friendly paleo diet can be. So, it is the best time to make the switch.

Stay young and strong at heart!

Bye