Paleo-content

31

**Subject** – Post Pregnancy Paleo Diet

Hello Paleo Moms,

Pregnancy and childbirth are blissful experiences. The feeling is almost magical, but it’s not like you are going to live under the spell forever. There are many concerns that new moms have to deal with post partum. One of them is the increased weight and fat you need to lose.

And here’s the good news!

If you have been following the paleo lifestyle throughout your pregnancy, it will be lot easier for you to lose the extra pounds and get back in shape. However, if you haven’t been a primal eater, this is also the best time to start being one. The highly nutritious diet is not only good during the pregnancy; it is also extremely healthy after the childbirth as well. How?

It is because it is low on carbohydrates and high on proteins, vitamins, and minerals. It gives you the nutrition needed for your health and recovery. In case you are nursing, your baby will get all the nutrients required for a healthy growth, and that includes all the good fats as well. So, not only will you shed the pregnancy pounds, you will stay healthy and energetic as well.

Still skeptical? Well, if you don’t believe what we say, hear it from the celebrity moms. Known for her magnificent postpartum body, Megan Fox is one of the biggest endorser of paleo diet and lifestyle. She claims that her paleo diet helped her maintain her weight during the pregnancy, and lose extra pounds post partum.

You think Megan may just be lucky to have an amazing metabolism. Well, VS model and mother of two Adriana Lima shares the same philosophy and lifestyle.

If they can do it, so can you.

Follow the ways of the ancients and stay beautiful!

Take care