Paleo-content

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**Subject** – Time to Choose Your Defense against Obesity

Hi,

So, how is your fitness routine and exercise regimen treating you? Have you been able to lose a few pounds lately? If not, then do you know the reason? It could be obesity. Yes, obesity is not just a term used for people who are fat because they don’t exercise or eat a lot. It is actually an epidemic- a disease that affects more than 65 percent of the population in the US.

Yes, you belong to the fattest nation on this planet and obesity is now probably in your genes. However, we are here with good news. Obesity has a cure and it lies not just in exercise and diet, but in a complete change of lifestyle – **the Paleo lifestyle**.

While people may take the term ‘eat like a caveman’ a bit too negatively, it doesn’t mean eating a whole lot. It just means eating exactly what our bodies are meant to consume - a healthy diet full of nutritional value that provides energy rather than layers of fat!

Many people have experienced drastic weight loss along with improved muscle mass within three months of paleo.

* A UK based university conducted a research on 70 obese women.
* Those who were on strict paleo diet actually lost an average of 13 pounds and 4 inches from the area around the waist in just one month.
* The subjects also had a significant decrease in their Triglyceride, or blood fat, levels.

So, it’s proven and it’s something you need to overcome the plateau you have hit. If you want to make it easier for you, keep an eye for our upcoming emails and we might share some of the most amazing Paleo recipes in the coming weeks.

Till then, take care.

Bye