Paleo-content

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**Subject** – Paleo Does Not Make You Fat

Hey,

We have spent the past few weeks clarifying common myths and confusions regarding paleo lifestyle and diet. From our readers’ feedback and queries, we realized there some areas that need more work and more conviction. One of those concerns involved fear regarding gaining weight on Paleo diet.

People, wrongfully so, assume that Paleo diet is full of fatty foods, and therefore, they will gain weight instead of losing it. Let us hit the buzzer right there!

First of all, paleo diet does not contain excess fat. It is in fact full of proteins that help you lose fat and build lean muscle. That is pretty much the formula Hollywood hotties and hunks use to get that ripped physique people drool over.

Secondly, the fat in most paleo food items is the harmless unsaturated type. The items containing the harmful fat such as oils are off the list. Also, paleo food contains B vitamin choline, a cholesterol transporter. It keeps cholesterol from entering the blood stream.

So, if you stick to the right guidelines, you will stay away from getting fat or getting a heart disease.

In our future emails, we will share more information about how you can align your paleo diet with your health goals.

Stay tuned.

Thank You,

Regards