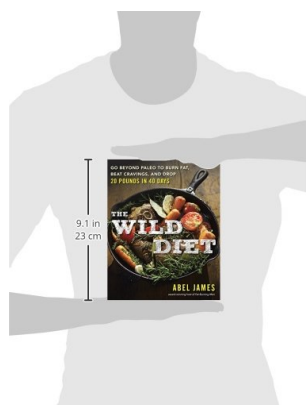


[PDF] The Wild Diet: Go Beyond Paleo To Burn Fat, Beat Cravings, And Drop 20 Pounds In 40 Days

Abel James - pdf download free book



Books Details:

Title: The Wild Diet: Go Beyond Pale

Author: Abel James

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Description:

Abel James, the ABC star and creator of the #1 *Fat-Burning Man Show*, shares his revolutionary weight-loss program in *The Wild Diet* - now a *New York Times* Bestseller!

Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake?

The answer might surprise you.

By focusing on simple, fresh ingredients and nutrient-dense meals, *The Wild Diet* programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise.

In *The Wild Diet*, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat.

If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. *The Wild Diet* paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us.

We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory.

By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating.

The Wild Diet proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to *The Wild Diet*.

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