



# **La Dieta Paleo Para Principiantes ;Top 50 de Recetas de Botanas Paleo Reveladas! (Spanish Edition)**

*The Blokehead*

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La Dieta Paleolítica es referida a veces como la dieta del hombre de las cavernas, o la dieta de los cazadores-recolectores, la dieta de la Edad de Piedra y la dieta del Guerrero. Sin embargo estos días, más personas simplemente refieren a este régimen alimenticio como la dieta Paleo. Esta dieta sigue las restricciones dietéticas de nuestros ancestros, particularmente los antiguos cazadores-recolectores. Depende mucho de productos frescos, y al mismo tiempo evitar alimentos procesados que ha sido probado una y otra vez que son perjudiciales para la salud del individuo.

Se puede razonar que regresar a la Edad de Piedra, condiciones como: cáncer, diabetes y caries (entre muchas otras) eran inexistentes. La gente de aquella era, vivía largas vidas y ciertamente no necesitaba contar las calorías para mantenerse saludable y en forma. También que no están documentados reportes de poblaciones con sobrepeso u obesidad de esa era.

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