



# **PALEO Diet: 50 Amazing Paleo Desserts (Best Paleo Diet Desserts) (Mouthwatering Paleo Recipes) Eat Paleo Desserts and LOSE WEIGHT Anyway!: Eat Dessert Every Day and Still Lose Weight!**

*Beran Parry*

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It's a marriage made in heaven and a mouth-watering dream come true! Who said healthy eating had to be bland, boring and tasteless? Get ready to celebrate because you're about to taste the yummiest desserts from the gal who's dedicated to making your health and wellbeing a totally delicious experience. Fabulous flavours, tongue-teasing delights, a feast for your taste-buds - all whipped up from the healthiest ingredients and still strictly in line with the life-enhancing principles of the celebrated Paleo-Epigenetic Diet revolution. Natural weight control, perfectly aligned with your body's blueprint for health and energy, designed and attuned to make tasty desserts a welcome addition to your daily meal-planning agenda. Smile! Dessert just got to be super-healthy!!

The Paleo-Epigenetic Diet respects the body's evolutionary development and reflects the latest cutting-edge research into diet, nutrition and the connection between a naturally healthy gut and the suppression of many diseases associated with the modern life style. Avoiding processed foods wherever possible, eliminating processed sugars and grains, the Paleo-Epigenetic Diet recognises the breakthroughs in medical research that highlight the body's responses to environmental influences. Genes that could trigger disease remain switched off. Calming down a hyper-active and over-stressed auto-immune system, restoring the body to a natural fat-burning mode that sheds unwanted and unnecessary pounds, bringing balance to the entire organism - these are some of the amazing benefits of following an intelligent and life-changing nutritional programme that fuels the body and eliminates the toxins that cause so many problems.

And this super-smart nutritional programme is utterly delicious! You don't have to give up flavour to feel fabulously well. You've got cheeky, lemony, creamy, choco, spicy, sexy, fruity and a host of other amazing flavour combinations to entice, enthrall and reward you for eating exactly the way your body deserves. Rather than starving your body with fad diets or stuffing yourself with harmful 'empty' calories, you can finally eat healthily, celebrate mealtimes and discover the miracle of improved health and wellbeing whilst turning your metabolism into a personal fat-burning incinerator. The science of intelligent eating just became a whole lot more interesting and a whole lot more delicious! Raising a forkful of fabulous dessert to your health and wellbeing. Enjoy!



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