

# **Paleo Diet For Beginners: Learn How To Lose 20+ Pounds With The Paleo Diet (Paleo Diet Recipes) [Kindle Edition] By Karen Douglas**

**By Karen Douglas**

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After a very successful run at a paleo diet a year ago I have about 20 to 25 pounds of fat to lose to get I was placed on a strict PSMF diet about 4 years

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Joel Fuhrman M.D. is a board-certified family physician, NY Times best-selling author and nutritional researcher who specializes in preventing and reversing disease.

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