



The Paleo Diet Bible: Get Healthy and Lose Weight With the Diet of Our Ancestors

John Katz

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Do you want to lose weight and get healthier while avoiding cancer, diabetes, heart disease, and a host of other diseases? If so, *The Paleo Diet Bible* is the perfect book for you. *The Paleo Diet Bible* contains countless tips and tricks to help you adopt the Paleo lifestyle and avoid temptations along the way. Complete with dozens of inexpensive recipes, this book is bound to help you make this dietary and lifestyle change with ease.

About the Author: John Katz has devoted years to learning about health, fitness, and weight loss. With a background in nutrition and physiology and extensive expertise on the benefits of Paleo eating. John loves helping readers make positive changes to their dietary habits. He lives in Austin, TX with his wife Angie and his daughter Kaylin.

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