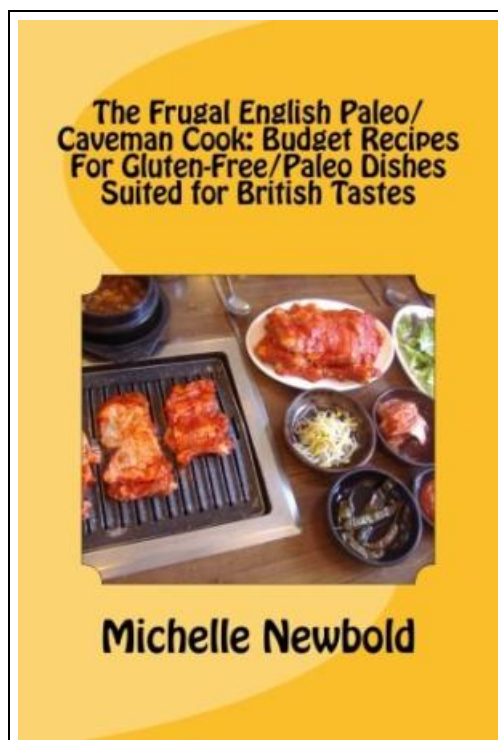


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THE FRUGAL ENGLISH PALEO/CAVEMAN COOK: BUDGET RECIPES FOR GLUTEN-FREE/PALEO DISHES SUITED FOR BRITISH TASTES



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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.For some years now there has been the belief that following a diet similar to that eaten by man during the Palaeolithic era would improve a person s health. Evolution is a very slow process, and the human body is still engineered to survive on a diet made up of chiefly fats and protein, with only small amounts of naturally occurring carbohydrates. With the agricultural revolution, and domestication of animals roughly 10,000 years ago, humans started consuming large amounts of dairy products, beans, cereals, alcohol and salt. These dietary changes have been blamed for many of the so-called diseases of civilization and other chronic illnesses that are found today, such as obesity, cardiovascular disease, high blood pressure, type 2 diabetes, osteoporosis, autoimmune diseases, colorectal cancer, myopia, acne, depression, and diseases related to vitamin and mineral deficiencies. For quite a few years doctors have recommended a gluten-free diet for patients coming to them suffering from colitis, Crohn s disease, irritable bowel syndrome and indigestion. Illnesses that were not really heard of before the agricultural revolution some 10,000 years ago before the introduction of grains and legumes into the human diet. Since the Palaeolithic diet does not include cereal grains, it is naturally gluten-free. The paleo diet also does not include milk, so is also casein-free. Casein is a protein found in milk and dairy products, which may affect glucose tolerance in humans. Since the end of the 1990s, a number of medical doctors and nutritionists have championed a return to a Palaeolithic diet approach, and a number of them have written books and created websites on the subject. A true Palaeolithic diet is made up of foods that can...



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