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### **The Bulletproof Diet: Lose up to a Pound a Day, Reclaim**

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### **The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim**

The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant consumption of foods presumed to have been the only foods available to or consumed by humans during the Paleolithic era.. The digestive abilities of anatomically modern humans, however, are different from those of Paleolithic humans, which undermines the diet's core premise.

### **Paleolithic diet - Wikipedia**

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Whether you are trying to lose weight, to reduce inflammation, to be healthier or to increase your cognitive functions, the ketogenic diet (aka keto diet) is a diet you might want to look into. In this article, youâ€™ll find out all you need to know about the ketogenic diet.

### **Ketogenic Diet: The Most Epic Guide on the Internet (With**

Can you really lose fat while enjoying sirloin steak, chicken parmesan, chocolate, and real butter?. If you ask Kurt, the 47-year old grandpa who lost 50 pounds in 6 weeks on ABC Television by going Wild, the answer is a resounding â€œHECK YA!â€•. The Wild Diet features foodie-friendly indulgent meals that will help you program your body to burn fat instead of sugar.

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