



Powerful Paleo Superfoods: The Best Primal-Friendly Foods for Burning Fat, Building Muscle and Optimal Health

Heather Connell, Julia Maranan

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Unlike other 'superfood' lists you may have seen that include things like soy, legumes, quinoa and goji, the Paleo community has a very different idea of what constitutes nutritional 'power foods'. With superfoods like grass-fed bison, bone broth, and coconut oil you are on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. Paleo expert **Heather Connell** will guide you through the top 50 Paleo superfoods from power proteins like salmon and locally farmed beef to super fats and Paleo-approved fruits and vegetables. *Powerful Paleo Superfoods* is your essential guide to getting the best out of your Paleolithic lifestyle.

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