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A Primitive Diet is a book of information and recipes free from gluten, yeast, sugar, dairy products, large amounts of meat and grain, and processed foods that today are a major proportion of the modern "western" diet. These recipes are suitable for people of all ages.

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A Primitive Diet is a book of information and recipes free from gluten, yeast, sugar, dairy products, large amounts of meat and grain, and processed foods that today are a major proportion of the modern "western" diet. These recipes are suitable for people of all ages.

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The Primal Diet is based on Mark Sisson's book "The Primal Blueprint." It claims to improve your health by aligning your diet and lifestyle with those of premodern humans. How to follow it

Primal Diet: Food Lists, Benefits, and Downsides

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The Primal diet is a lifestyle based on eating the foods that primitive humans would have eaten. It stresses that people eat raw, minimally processed foods, such as fruits, vegetables, certain...

Primal diet: Foods to eat and foods to avoid

The ideas behind the diet can be traced to primitive diets advocated in 19th century. In the 1970s Walter L. Voegtlin popularized a meat-centric "Stone Age" diet, and in the 21st century, the Paleo Diet was popularized in the best-selling books of Loren Cordain. As of 2019 the paleo diet industry was worth approximately US\$500 million.

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