

Find out how to reduce inflammation, reverse diabetes, lose weight, and eat better! Combine the two most effective diets, Paleo and Vegan, into the incredibly flexible and effective Pegan diet. In a society where health is becoming an ever-growing concern, and with more information from various sources than a human being can possibly process, a new diet has emerged. This book gives an overview on this new diet, the Pegan diet, and how it works. You will get the how and why behind the Pegan diet, including an explanation of carbs and fats in your body, along with an in-depth look into several food groups of the Pegan Diet. You'll learn about several aspects of the Pegan diet such as... How carbohydrates affect your body on the Modern Diet VS Pegan Diet How fats affect your body on the Modern Diet VS Pegan Diet What is Paleo? What is Veganism? How do they form Pegan? How Foods Work in the Pegan Diet Pegan Diet Overview How Pegan reduces inflammation and fights diabetes How to exercise on Pegan Delicious Pegan Recipes If you are struggling to lose weight and want a new hybrid diet that takes the best of the two most effective diets today, then scroll up and download this book today! tags: Pegan Diet, Pegan diet for beginners, pegan diet books, pegan diet cookbook

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