

# What Are The Real Benefits Of The Paleo Diet?

Jackie Oxenham May 14, 2013



**If you have heard of the paleo diet, also known as the caveman or hunter gatherer diet, you may know that with this type of meal plan, you are cooking with natural, nutritious and healthy ingredients which should create optimal health.**

(Newswire.net -- May 15th, 2013) BOP, NZ -- Nikki Young is the author of the Paleo Cookbooks and believes that the paleo diet isn't designed by doctors or nutritionists but is designed by nature itself.

When looking at the way that the paleo diet works, one would wonder how you would be able to create meals without, what we would probably deem as being the "staples", foods such as potatoes, grains, dairy products, lentils, etc.

The paleo diet works off the premise that our bodies are designed to live off the land, to eat what the earth provides without the processing and the preservatives that we find in most of our foods. So within the meal plans that Nikki provides you will be eating fresh vegetables and fruits, eggs, seeds and nuts, animals and a myriad of other fresh foods that haven't been processed or contain preservatives.

Nikki believes that each of the natural food sources in the paleo diet provide the nutritional value that each of our organs require for optimal health. She says that if your body is provided with the nutritional value it requires your body can't help but to function optimally.

Many people have given great reviews regarding [Nikki's recipe books](#) and have found many benefits from eating a paleo diet, some of the benefits mentioned are:

- A faster, leaner and stronger body
- Increased and more sustained energy
- Drops in cholesterol levels
- Weight loss
- Many food substitutes for old 'not so healthy' favorites

All of the recipes have simple step by step instructions so you won't get confused, there are also measurement conversion tables for every type of metric system you can find.

The recipe books cover all of the basics of the meals that we eat everyday such as soups, salads, fish and seafood, meat, chicken, omelettes, snacks and of course, last but not least, one of my favorites, desserts.

The titles of [Nikki's Paleo Cookbooks](#) are:

- Paleo Guide to Getting Started – this covers all of the basics
- Paleo Cookbook – Recipes for the 21<sup>st</sup> Century Hunter Gatherer
- Paleo Cookbook – Paleo Eating for Modern People
- Paleo Food Guide
- 4 Ingredients Paleo Cookbook
- Paleo Eating Out Guide

- 30 Day Paleo Meal Plan

People from all walks of life have chosen the paleo diet as a lifestyle choice, from stay at home mums with children right up to elite athletes. If you think this might be a transition choice for you or you are already a paleo follower you will be pleasantly surprised with Nikki's Paleo Recipe Books.

For More Information go to Nikki Young's Website:

<http://www.paleocookbooksite.info>