



The Wild Diet: Lose Up to 15 Pounds in 30 Days Eating Whole Natural Foods

By Kevin Kuisei

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Eating better food to lose weight isn't a new idea by any means. There have been different diets that tell you to eat more of one food and less (or none) of another food to magically lose weight, and some of them work. However, the idea of losing weight based on the food you eat has less to do with eliminating food groups and more to do with consuming foods that will push your body to better burn fat. There have been studies done on natural food diets like the Wild Diet and the Paleo diet that can show you the science behind the diet that will better convince you on why eating whole, natural foods are better than counting your calories or starving yourself. This diet isn't necessarily about changing everything about your entire diet; it's more like an outline for a healthy lifestyle. You can use the diet to better plan your weekly menus and make healthier choices while you're out and about in the world. While there are fundamental similarities between the Wild Diet and the ever-popular Paleo diet, there are some noticeable differences. With the Paleo diet, there is little room for flexibility from the natural foods that our ancient ancestors feasted on. There is no room for dairy and grains. With the Wild Diet, you can consume moderate amounts of dairy, gluten-free grains, legumes, and even alcohol. The main idea here is that while you should try to eat mostly natural foods, there are some post-agricultural foods that aren't incredibly harmful when consumed in moderation. The Wild Diet is a diet you can live with. This book will discuss your mindset, moderate exercise, science of the diet, what to eat and avoid, the benefits of intermittent fasting and finish off with some delicious recipes to get you started on The Wild Diet. The secret behind the diet is that you're basically changing your eating habits in a way that reprograms your body to burn off fat instead of sugar during metabolism. When your body starts burning the fat already in your system, you'll be able to shed pounds without counting calories and measuring your food before you eat it. Furthermore, with the Wild Diet, you won't feel hungry and be tempted to cheat on your diet to satiate your hunger. This book is a must read for anyone looking to lose fat and maintain a healthy weight in a way they can live with.

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