THIS ONE GETS IT RIGHT.

Posted on August 28, 2012 by





Difference between
Atkins and Primal diet
While the nature of the diet may seem similar to the Akins diet with its focus on low-catts and generaling energy through fat, primal det is more like allefstyle with its specific workouts and seperaling energy through fat, primal det is more like allefstyle with its specific workouts and seperaling energy through fat, primal det is more like allefstyle with its specific workouts and seperaling energy through fat, primal det is more like allefstyle with its says. The lifet is not very suitable for vacase of our heavy dependency on carbotte in the creams or cheescake.

Last year, Aloka took to blogging as with the creams or cheescake. However, it's not hardoor gymwokouts or running. Primal living calls for being or running. Primal living calls for being of lifet; even now there isn't much awareness, she says. On her blog www.

Categories: Press, Primal / Paleo India

Tags: india, indian, lifestyle, mumbai, paleo, Press, primal



Wholesome Mamma This one gets it right.

https://wholesomemamma.in/this-one-gets-it-right/

Another article on living the primal lifestyle in a mainstream newspaper, this time the DNA, talking about being primal / paleo in India, but luckily the journalist here has done her research! Have a read This one features my delicious primal brownies, the recipe of which can be found here. Well it's nice to know that there is some interest in the lifestyle, but a lot of work needs to be done in spreading the truth about real food!

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