



# **THE** NAVIGATING **PALEO DIET**

A BEGINNERS GUIDE TO NAVIGATING  
THE PALEO DIET IN A MODERN WORLD



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## Introduction

Whether we like it or not, the health of our society is bad and getting worse.

As technology continues to develop, convenience does as well and ordering food is literally as simple as the clicking of a button. Long gone are the days of having to find your own food, let alone having to drive to a restaurant to get dinner.

*Cooking dinner looks less and less appealing when compared to the food conveniences and choices amongst diners, catering services, fast food and takeout.*

According to the Academy of Nutrition and Dietetics, diabetes is now the seventh leading cause of death, just in the United States alone.