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One of the current trends in the eating world is known as the caveman diet. So what are paleo diets and does it work? Letâ€™s first examine what it is. The paleo caveman diet is one that focuses on eating much like the caveman did. It takes away foods that are considered unnatural to the body and replaces them with all natural foods that have been around for centuries. This includes eating more wild game meat and less of the processed stuff found in the stores.

So does the paleo diet meal plan work? In order to assess that, you have to know what the goal is. The purpose of eating caveman foods is not an answer to excess weight. While some may find that they lose weight with this diet, it isnâ€™t designed as a quick method to weight loss. It is instead set up to create a healthy eating habit that will stick around. Full body health is the goal and the consumption of only caveman foods is the method being used.

The purpose of the diet is to return people to their optimum health. It is believed that many of todayâ€™s foods go beyond being unhealthy. They also are unnatural and that causes health concerns. The caveman diet is not only about losing weight. In fact, much of it isnâ€™t. It is geared more towards a whole body health than anything else.

The theory is that when you take the processed and unnatural foods out of your diet then your body will become healthier. You will be taking in food the way it was intended to be. Everything will be natural instead of filled with chemicals and dyes. Many have tried the diet and been pleased with the results. Whether or not you find the diet to be beneficial will depend on your goals and how well you do at completely changing your eating habits.

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