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In the last two articles, I explained how a Paleo diet can help you lose weight without trying, and why it's a better choice than many of the diets most commonly used by those trying to lose weight. In this article, I'd like to discuss some of the key strategies that can help make your weight loss journey successful. While a switch to Paleo is a great start, there are a few key lifestyle ...

6 Tips for Successful Weight Loss On a Paleo Diet | Chris

nickyboy writes... But what are the longterm side effects of having such a large chunk of your stomach removed? I can't see any long term effects, my blood tests always come back perfect, I don't have a foreign device in my body like the band.

Sleeve Gastrectomy - Weight loss surgery - Health - Lifestyle

Earlier in January, US News & World Report issued its annual ranking of the best diets to follow for several different goals and health conditions, including weight loss. As you may know, the Paleo diet was ranked last in the "Best Diet Overall" category of the 32 diets they reviewed.

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