



Cavewomen Don't Get Fat: The Paleo Chic Diet for Rapid Results

Esther Blum

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From “a woman who is about to become as famous in the diet and fitness industries as Martha Stewart is in the world of home decoration” (Liz Jones, *The Daily Mail*), this back-to-basics approach helps you keep a protein-rich, hormone-balancing, and detoxifying diet to build muscle, catalyze fat loss, and feel gorgeous fast.

Weight loss may seem like a modern idea, but studies show that the solution is ancient: a natural diet of lean protein, vegetables, fruit, seeds, and nuts—and no processed starches—leads to a strong, healthy body that works well and looks great. Millions of years of evolutionary history can't be wrong, and Esther Blum, a holistic nutritionist for nearly two decades, has helped her clients get gorgeous and strong by reinstating the simple, high-protein, low-carb diet that our bodies naturally crave.

Esther believes that the greatest gift you can give yourself is a lean, gorgeous body—for life. Through a potent combination of hormonal balance, a detoxified system, and muscle mass, anyone can achieve great results by following some simple no-nonsense tips. Esther breaks her diet down into three easy and sustainable phases: first, a two-week detox, followed by a second phase of hormone balance and fat loss, and then finally, a maintenance phase, which keeps you within 3 to 5 percent of your body fat ideal.

Smart, sassy, and sensible, *Cavewomen Don't Get Fat* will help women everywhere feel and stay gorgeous from the inside out.

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