
Nature's most filling (forgotten) food

1 message

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Hi there,

For thousands of years . . .

In fact, as far back as the most primitive civilizations. . .

[There was one food that human beings ate to stave off hunger, stay lean and strong, and have boundless energy.](#)

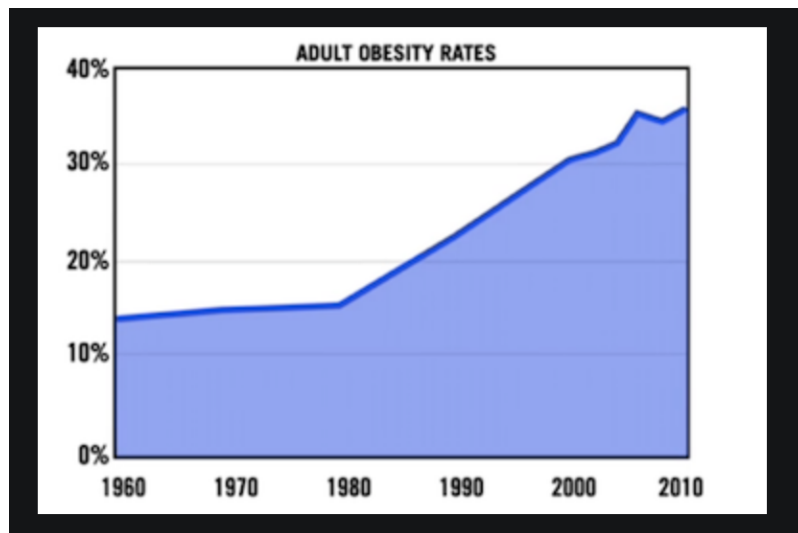
Archeologists have found evidence of this food being prepared in caves, jungles, and islands all around the world.

Hell, until about 50 years ago, our own grandparents and great-grandparents cooked it in their own kitchens.

Then -- in the blink of an eye -- everything changed.

As take-out restaurants and all-day snacking became the norm, this “forgotten food” essentially fell off the map.

The results speak for themselves:



Now, I'm not claiming this one food disappearing from the American diet is *solely* responsible for skyrocketing obesity.

Still, though . . .

Pretty big change, isn't it?

That's why I was so excited to email you this morning.

I just heard about a company that has dedicated itself to bringing this "forgotten food" back to the masses.

[And after I read their new weight loss webpage...](#)

I felt convinced that this could be the missing piece for people who have been struggling to lose weight for years.

Take a few minutes and see for yourself.

- Dave