

Paleo Mexican Recipes (The Modern Cavemen)



Author: Erica Dunn Hi, my name is Erica, and Im a 37 year-old mother-of-two, accountant, and home-cook from Anaheim, California. At the age of 32, I was diagnosed with ulcerative colitis. It was a life-changer. Its beyond embarrassing to frequently make trips to the bathroom throughout the day. Everything I ate would go right through me and on top of the embarrassment I was enduring, it was also extremely painful. I worked my way through several different medications and steroids, which all ended up to be more harmful to me than helpful. My treatment triggered my body to develop rheumatoid arthritis and I was more flared up than ever.

I was basically immobilized, but ironically, always had to get up to go to the bathroom. As far as I was concerned, I wanted to die! I know thats a little extreme, but my mindset as the time was my willing to do anything to get the pain to stop. The way I saw it - life simply wasnt worth living if it meant going through all of this emotional and physical pain. Then I discovered the Paleo diet. A naturopath, and good friend of mine, told me that I should change my diet to (in a nutshell) cut all grains, sugar, and dairy intake. The first thing I realized was that was basically like changing everything I ate, all-day, everyday! This was my second life-changer... Within the first month I went into remission from my flare-ups and my pain (although still there) had subsided substantially. I was able to exercise again and I was given hope, and a positive outlook on life again. Now, Ive been in remission for over 2 years, plus my pain is gone, Ive lost a lot of weight, and I have more energy to spend time with my kids than I ever thought possible. The Modern Caveman series is meant to make the Paleo Lifestyle, an easy lifestyle to follow. It doesnt have to be as difficult for you as it was for me. I documented these recipes as a mother, on a budget, with an expensive

palette, on an expensive diet, who had very little time to cook. These recipes are what I use to eat the foods I grew up loving, while staying on the diet I ended up needing! I hope you enjoy them as much as I do. Check out my whole series, and purchase your copies today. Ive also released combo books so you can save by purchasing multiple books from the series. Tags: paleo mexican cookbook, paleo mexican recipes, mexican paleo, mexican recipes, mexican food, mexican cooking, mexican cookbook, mexican cooking books

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