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"I recommend NEANDERTHIN to anyone interested in losing weight, lowering blood pressure and serum cholesterol, controlling diabetes, and improving overall health and fitness."

--Michael R. Eades, M.D., coauthor of *Protein Power*

An "evolutionary" approach to weight loss!

NEANDERTHIN

**Eat Like a Caveman To Achieve
A Lean, Strong, Healthy Body**

By
Ray Audette

High protein diets are all the rage, but are they just a fad or a truly healthier way of eating? Challenging not only the last 20-years of government and diet industry information about a low fat, high carbohydrate diet, but also the newly popular zero-sugar diets, Ray Audette's **NEANDERTHIN** breaks all weight-loss rules. Eat anything that can be hunted or gathered and you will achieve a lean, strong, and healthy body. And you can eat over 5,000 calories a day and still lose weight!

At the age of 33-years-old Ray Audette suffered from diabetes and rheumatoid arthritis, he walked with a cane, and was constantly sick. Tired of his doctor's inability to help his illnesses and diet, he began to do his own research on Paleolithic nutrition. To his surprise, he found success in a diet that is based on the science of what our Stone Age ancestors ate before the development of agrarian societies. He discovered that Neanderthals were healthy, lean, and strong. Also, most remarkably, they ate diets high in protein and fat, everything from pork to pecans. This discovery paved the way for a healthier and leaner Ray Audette.

After following a Paleolithic diet for only one week, Audette's blood-sugar levels dropped. After following the diet for a month, his arthritic pain dissipated, his muscle tone began to improve, and he lost twenty-five pounds.

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Simple and straightforward the **NEANDERTHIN** diet is easy to follow. In essence, stay away from foods that need processing to be eaten, if you can't eat it in its natural state, then don't. Audette provides "ten commandments" for what you should and shouldn't eat:

Permitted foods:

- Meat & fish
- Fruits
- Vegetables
- Nuts & seeds
- Berries

Forbidden foods:

- Grains
- Beans
- Potatoes
- Dairy
- Sugar

Ray Audette's followers have had tremendous success with his eating plan. They have overcome chronic illnesses and maintained healthy weights over the course of many years.

NEANDERTHIN is an eating plan for life. Eat a high-fat, high-calorie, natural diet—and lose weight!

About the Author

When not hunting or gathering, **Ray Audette** lectures, consults, and writes about Paleolithic nutrition. He lives in Dallas, Texas.

Troy Gilchrist, is Audette's assistant and a personal fitness trainer.

NEANDERTHIN

By Ray Audette

With Troy Gilchrist

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