

# Obesity & Weight Management

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## **Long-term efficacy of a paleolithic-inspired diet on weight loss in an overweight and obese population: A two-year study in real life setting of the 1, 2, 3 diet**

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**Background:** The paleolithic diet, devoid of food-processing procedure, is more satiating and produces a greater weight loss than recommended diets, but seems impossible to implement in our modern times where refined food is dominant. We investigated in