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### **Practical Paleo Book Review Wellness Mama**

Practical Paleo Book Review Katie Wells 7 Comments Updated: January 11, 2018 This post contains affiliate links I was ecstatic to receive an advanced copy of Practical Paleo and was completely unprepared for how HUGE this book was and how much information it contains!

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### **Practical Paleo A Customized Approach to Health and a**

As someone who's been actively involved in this community for years, as someone who's attended seminars (even the Practical Paleo seminar), someone who wrote a paleo book (Eat Like a Dinosaur) I am LEARNING NEW STUFF in Diane's book.

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### **Book Review Practical Paleo by Diane Sanfilippo Chris**

Diane Sanfilippo of Balanced Bites has been a fantastic resource for people looking to learn more about following a Paleo diet and how to maximize their overall health and digestion.

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### **My Thoughts on Practical Paleo by Diane Sanfilippo BS NC**

My Thoughts on Practical Paleo by: Diane Sanfilippo, BS, NC May 2, 2013 By Kathryn Kos, NTP 6 Comments  
Often times I get asked what books I recommend for starting someone who is just starting out on a paleo or primal journey.

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**Paleo diet book review Practical Paleo Robb Wolf**

As I read through the review copy of Practical Paleo I had a number of thoughts: 1) Wow, this is going to be a really useful book for a lot of people!

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