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Your Personal Paleo Code helps you figure out how to adapt the Paleo diet to your specific case and he gives examples of how some patients may respond negatively to any dairy while others need fermented dairy to thrive.

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Der Paleo-Code ist viel mehr als nur der Einstieg in eine der beliebtesten und vielbeachteten Ernährungsformen unserer Zeit - der Paleo-Code führt Sie Schritt für Schritt in den Paleo-Lifestyle ein. Dieses Lebenskonzept basiert auf vier tragenden Säulen: Ernährung, Bewegung, Erholung und soziales Umfeld.

<http://ebookslibrary.club/Der-Paleo-Code-Lidl-Deutschland-lidl-de.pdf>

Find Your Personal Paleo Code Pt 1 Your Personal Paleo

Your Personal Paleo Code: The Diet to Lose Weight and Get Healthy for Life. It's the most popular diet around: The Paleo diet! Burn fat, boost energy and prevent disease with by tailoring the diet to your lifestyle and specific body type. Dr. oz explains how you can lose up to 75 pounds in 6 months.

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