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Good introduction to the paleo diet. It motivated me to exercise more often, especially regularly go running again. It also motivated me to reduce sugar, eat more fruit, eat more vegetables, eat more protein (tofu, nuts etc. since I don't eat meat), further reduce dairy products.

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Robb Wolf The Paleo Solution Get Healthy Lose Fat

ROBB WOLF, 2x New York Times bestselling author of The Paleo Solution and Wired to Eat, is a former research biochemist and one of the world's leading experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series.

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Before I started reading this book, I was very enthusiastic about the Paleo diet. This book, however, made me so angry that it almost put me off the whole idea.

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The Paleo Solution The Original Human Diet Stefan Hinote

Paleo Solution is the beneficiary of this success, and via its humor and information, I suspect you will find it to be as revolutionary as it is helpful.

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The Paleo Solution The Original Human Diet by Robb Wolf

The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.

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Robb Wolf The Paleo Solution

Robb Wolf, research biochemist, strength coach and author, describes his new book, The Paleo Solution.

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Review. I am a firm believer in The Paleo Solution. I maintain a hectic schedule that starts early and finishes late. Filming a television series, maintaining my fitness, and being a mom can be harrowing some days.

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