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The following is an excerpt from Your Personal Paleo Code by Chris Kresser published Dec. 31, 2013 (Little, Brown and Company). Agriculture: The

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Your Personal Paleo Code by Chris Kresser OverDrive

Your Personal Paleo Code also includes practical advice on stress reduction, how to restore a healthy gut and immune system, which fats to eat liberally, how to choose the healthiest proteins, and much more. Kresser even presents specific Paleo prescriptions for various conditions, from thyroid problems to heart disease.

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Chris Kresser Your Personal Paleo Code Rezensionen

Schaut man dieser Tage durch die Blogs und Buchver ffentlichungen derer, die sich mit Ern hrung, und dabei besonders der Richtung Paleo / low-carb

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What if you could stop relying on canned approaches and rigid prescriptions, and create your own highly customized diet - one that works for your body?

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Introducing My First Book Your Personal Paleo Code

Note: My book, Your Personal Paleo Code, came out in paperback in December 2014 with a new name: The Paleo Cure. I m excited to announce that my first

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