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The Paleo Solution E Book

The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world.

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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. Written by Robb Wolf, a research biochemist who traded in his lab coat. Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses?

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. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world.

The Paleo Solution: The Original Human Diet

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Packed with crucial research and clear-eyed writing, The 4 Season Solution provides a new, sustainable model for living in sync with the natural world. By making small but meaningful changes to the four keys of wellness—how you sleep, eat, move, and connect—over the course of the year, you will reclaim your health, regain your energy, and let go of excess weight.

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