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The Paleo Manifesto Book Summary : In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary and revolutionary approach to health.

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More Praise for Paleocon

More Praise for the paleo manifesto Durant s provocative manifesto is bound to inspire necessary discussion about the nature of our food and the role of evolu-

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The Paleo Manifesto Ancient Wisdom for Lifelong Health

The Paleo Manifesto is an extraordinarily well researched examination of the history and science

behind the paleo movement and is the first book to get when trying to get a handle on this fundamentally life-changing movement. If you are looking for one book on "Paleo" this is it and if you are already familiar with "Paleo" this is a must-have in your library.

<http://mhpstudios.co/The-Paleo-Manifesto--Ancient-Wisdom-for-Lifelong-Health--.pdf>

The Paleo Manifesto Summary Review PDF conscioused org

The Paleo Manifesto Key Idea #5: Many popular dieting trends are founded on misconceptions and ideology instead of hard science. Plenty of people follow all kinds of mainstream healthy diet fads based on drastically limiting calories, eating low-fat foods or going vegetarian.

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In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary - and revolutionary - approach to health. All animals, human or otherwise, thrive when they mimic key elements of life in their natural habitat.

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The Paleo Manifesto by John Durant blinkist com

The Paleo Manifesto (2013) is the go-to guide to going paleo. It explains why the Paleo diet is in sync with our ancestors diet, and how you can use humanity s anthropological and evolutionary history to get fit, feel great and lead the healthy lifestyle you ve always wanted to.

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