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5 Stars for seller. Fast delivery, book in perfect condition, well protected in a plastic wrap. 5 stars for the book itself. Best starter book if you want to go Paleo diet and life style.

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The Paleo Solution's value is far reaching for the knowledge that it offers. Robb has taken a unique approach to health and lifestyle that will help countless people." John Welbourn, 10-Year NFL Veteran  
[The Best Paleo Cookbooks of 2019 - Home Fitness Life](#)  
The Paleo diet rose to popularity mostly due to its hefty promises of transformation and good health. The whole idea of it might sound like a cheesy ad played on late-night television, but it really is a diet that has worked for many people.

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Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD (aka The Paleo Mom) believes the key to reversing the current epidemics of chronic disease is scientific literacy.

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[PaleoHacks CookBook Review](#)

The PaleoHacks Paleo Cookbook Review, The PaleoHacks Paleo Cookbook, paleo hacks reviews 1- In Fact, Paleo Is Not Really a "Diet" At All! It's really a return to the type of eating your body

[Book Review: The Diabetes Code by Dr Jason Fung | Paleo ...](#)

Dr Jason Fung is best known for his advocacy of fasting and low-carb eating. I recently read his latest book, *The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally*, published this year.