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Solving the Paleo Equation is a multifaceted book. The two authors cover four primary topics: stress, nutrition, exercise, and sleep and recovery, as well as a number of subtopics that relate to the main points of discussion.

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Solving the Paleo Equation will help you not only avoid the ravages of adrenal fatigue, low metabolism, dwindling sex drive, and sleep problems - all-too-common consequences of overzealous workout regimes - it will help you rehabilitate from the unhealthful "health" protocols you've pursued in the past.

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