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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. From diet to movement to sleep, this evolutionary

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Paleo fad jumpers who only care about gathering information about their new lifestyle and convincing their friends would salivate at an actual "paleo manifesto" but throughout the book Durant continually dismisses that his book is paleo exclusive or about a lifestyle at all.

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The Paleo Manifesto is a grand introduction and overview of the Paleolithic diet and lifestyle. Highly recommended for anyone considering Paleo dieting. The Blog of Michael R. Eades, M.D.

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Author of The Paleo Manifesto and professional caveman, John Durant, came on Bulletproof Radio to chat about primitive living in an urban jungle. In this fun and down-to-earth episode you ll hear John and I talk about Paleo being a biohack and cricket-based protein! Whether you live in a

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