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Paleo is rooted in being a gut-healing diet, and this book by popular Paleo expert Pete Evans sheds more light on how to eat for gut health. Bonus: many recipes in the book include modifications for the AIP diet.

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Then the book presents a commonsense shopping-and-eating guide, which like the paleo diet focuses on

shopping the perimeter of the supermarket. [Kindle edition available.] He also now has a much shorter Food Rules: An Eater s Manual.

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