

## **PALEO CODE CHRIS KRESSER**



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### **Are Legumes Paleo And Does It Chris Kresser**

I recently went on the Dr. Oz show to discuss my book, Your Personal Paleo Code (published in paperback as The Paleo Cure in December 2014). (If you missed it, you can watch the clips here.) Dr. Oz did a segment on Paleo last year with Nell Stephenson and Dr. Loren Cordain, and it got great ratings. However, the feedback the show received from their viewers was that The Paleo Diet as

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