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#### Book Review: "The Paleo Solution: The Original Human Diet ...

A 30 Day Paleo Diet that will help you get healthy. The Paleo Solution: The Original Human Diet by Robb Wolf and Dr. Loren Cordain is an extension of Cordain's The Paleo Diet, an eating lifestyle plan that involves eating the foods our hunters and gatherers ancestors survived on. The Paleo Solution has a more lifestyle-focus to it...

# The Paleo Solution - Diet Review

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bestselling author of The Paleo Solution: The Original Human Diet. A student of professor Loren Cordain, the author of The Paleo Diet, Robb has transformed the lives of hundreds of thousands of people around the world via his top-ranked iTunes podcast, book, and seminars.

#### The Paleo Solution: The Original Human Diet

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