

## *Paleo Solution Recipes*

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### **Paleo Solution Recipes**

When did we stop letting Mother Nature nourish us? Our diets are nutrient void, fatty, sodium-rich, and chemically modified. We're sicker than ever—and yet, the solution might be a lot simpler than we make it. The Paleo diet (AKA the caveman diet) is based on foods presumed to be available to ...

### **30 Paleo Questions—Answered in Five Words or Less! | Eat ...**

An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, *The Paleo Approach*, Sarah D. Ballantyne ...

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