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Before I get into my review of Robb Wolf's new book, "The Paleo Solution: The Original Human Diet," you should know that I've now attended Robb's "The Paleolithic Solution Seminar" twice and can honestly say that this guy is the real deal.

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Before I get into my review of Robb Wolf's new book, "The Paleo Solution: The Original Human Diet," you should know that I've now attended Robb's "The Paleolithic Solution Seminar" twice and can honestly say that this guy is the real deal. He's extremely passionate about his work and, more importantly, about only presenting ideas and information that will help people.

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

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