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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.

The Paleo Solution: The Original Human Diet by Robb Wolf ...

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

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