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biochemistry and  
anthropology to help  
you look, feel and  
perform your best.  
Written by Robb  
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biochemist who  
traded in his lab coat  
and pocket protector  
for a whistle and a

stopwatch to become  
one of the most  
sought after strength  
and conditioning  
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The Paleo Solution  
unearths the story of  
the original human  
diet by uniting the

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anthropological knowledge of our hunter-gatherer past with the latest cutting-edge discoveries from genetics, biochemistry, immunology, and life extension research.

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The Paleo Solution : The Original Human Diet by Robb Wolf ...  
The Paleo Solution: The Original Human Diet. Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease,

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Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.

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<u>and Paleo?</u>	<i>STARCH ?  </i>	<u>Interview at</u>
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**pathology and  
the Origins  
of the Paleo  
Diet**

The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector

for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. *The Paleo Solution - The Original Human Diet/ Balanced Bites* The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry ... *The Paleo Solution: The Original Human Diet: Wolf, Robb ...* In "The Paleo Solution,"

Wolf offers up his take on what is known among the nutritional and archeological science circles as a hunter-gatherer diet and lifestyle. As a former biochemist working in cancer research, Wolf's transition into studying and then promoting Paleolithic nutrition as an ideal human diet was rooted firmly in a personal history of dietary manipulations and an ever declining state of health.

**The Paleo**

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