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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 Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's ...

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

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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ROBB WOLF, 2x New York Times bestselling author of The Paleo Solution and Wired to Eat, is a former research biochemist and one of the world ' s leading experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series.

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The Paleo Solution: The Original Human Diet I wrote a book called The Paleo Solution which went on to become a New York Times Bestseller. This book incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.

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

Robb Wolf's "The Paleo Solution: The Original Human Diet," is definitely a book I'll be recommending that all of my clients read. As a fan of his previous work, a regular reader of his blog and a regular listener of his podcast, I've come to regard Wolf as one of my mentors on the subject of nutrition, health and performance.

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