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*The Original Human Diet
by Robb Wolf*

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The Paleo Solution: The Original Human Diet I wrote a book called

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The Paleo Solution Original Human

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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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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 ...

What Is The Paleo Diet? - The
Paleo Solution —Get ...

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.

The Paleo Solution: The
Original Human Diet by
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.