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The Paleo Solution: The Original Human Diet

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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.

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The Paleo Solution unearths the story of the original human diet by uniting the 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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so sick, weak, and broken, we accept the abnormal as normal. ” . Robb Wolf,

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