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The paleo manifesto : ancient wisdom for lifelong health / John Durant ; with contributions by Michael Malice. — First edition. Includes bibliographical references. 1. Health behavior—History. 2. Prehistoric peoples—Health and hygiene. 3. High protein diet. 4. Nature and civilization. I. Malice, Michael. II. Title. RA776.9.D87 2013

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The Paleo Manifesto (2013) is the go-to guide to going paleo. It explains why the Paleo diet is in sync with our ancestors' diet, and how you can use humanity's anthropological and evolutionary history to get fit, feel great and lead the healthy lifestyle you've always wanted to.

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