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The Paleo Manifesto is the most up-to-date user manual for the human animal. A splendid synthesis of ancient wisdom and modern science, this book is essential reading. BAREFOOT TED McDONALD, ultrarunner, primal athlete, and founder of Luna Sandals The Paleo Manifesto is now the definitive guide to going paleo. Smart, compelling, entertaining, and accessible it s the book I ll

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In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary - and revolutionary - approach to health. All animals, human or otherwise, thrive when they mimic key elements of life in their natural habitat.

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Beschreibung. 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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The Paleo Manifesto Hunter Gatherer Hunter Gatherer

DESCRIPTION What our ancient ancestors can teach us about how to be healthy: getting stronger, losing weight and living longer. In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary and revolutionary approach to health. All animals, human or otherwise, thrive when we mimic key elements of

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John Durant The Paleo Manifesto 65 Bulletproof

Author of The Paleo Manifesto and professional caveman, John Durant, came on Bulletproof Radio to chat about primitive living in an urban jungle. In this fun and down-to-earth episode you ll hear John and I talk about Paleo being a biohack and cricket-based protein! Whether you live in a cave now or just plan on retiring []

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