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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

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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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"un autre regard sur pal o" une collaboration exceptionnelle entre le mus e de l elys e et le pal o festival nyon

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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.

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Book Review John Durant The Paleo Manifesto

THE PALEO MANIFESTO is eminently readable, greased along by Durant s endearingly morbid sense of humor (he advises against cannibalism on account of modern people having a much higher ratio of omega-6 to omega-3 fatty acids due to their grain-based diets).

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Why living Paleo does not pertain to food and food alone but is a complete lifestyle. I also liked the in-depth look at Judaism principles which are very closely aligned to my own personal beliefs as a Muslim. I would recommend this book to anyone interested in health and longevity, to not only survive but thrive.

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