

## THE PALEO MANIFESTO PDF%0A

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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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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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### **The Paleo Manifesto eBook by John Durant kobo com**

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