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Historians REACT to Far Cry Primal | Experts React
MY MOM'S CHOLESTEROL RESULTS AFTER 3 MONTHS ON SLIM ON STARCH | 60 YEARS OLD | PLANT-BASED VEGAN The Paleo Diet®, what's happening now and what's to come. Robb Wolf talks about the 7 Day Carb Test in Wired To Eat
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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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