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The Paleo Solution Original Human

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The Paleo Solution: The Original Human Diet by Robb Wolf

Before I get into my review of Robb Wolf's new book, "The Paleo Solution: The Original Human Diet," you should know that I've now attended Robb's "The Paleolithic Solution Seminar" twice and can honestly say that this guy is the real deal.

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The Paleo Solution: The Original Human Diet I wrote a book called The Paleo Solution which went on to become a New York Times Bestseller. This book incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.

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ROBB WOLF, 2x New York Times bestselling author of The Paleo Solution and Wired to Eat, is a former research biochemist and one of the world's leading experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series.

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