



Paleo Diet Reference Guide

Jason Daughtry

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A reference guide that covers why the Paleo diet should be used, health benefits of incorporating it into your lifestyle and health issues involved in not using it. Learn to lose weight without feeling like you are starving. Covers a broad range of topics with helpful links to more specific information (free) for various studies and research. Everything you will need to know is covered from the research to implementation. Access to many recipes for healthy side dishes and meals and snacks.

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