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The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world.

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The Paleo Solution: The Original Human Diet - Robb Wolf

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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The Paleo Solution Podcast - Robb Wolf

Robb Wolf has presented his take on the paleo lifestyle in a way that is entertaining, a little nerdy in parts, full of interesting science as well as anecdotes, in a way that is educational and enthralling.

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The Paleo Solution: The Original Human Diet eBook: Wolf ...

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The Paleo Solution: The Original Human Diet: Robb Wolf ...

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What Is The Paleo Diet? - Robb Wolf

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Meal Plans - Robb Wolf

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Robb Wolf, research biochemist, strength coach and author, describes his new book, The Paleo Solution.

Robb Wolf - The Paleo Solution - YouTube

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The Paleo Solution : Robb Wolf : 9781628602678

The Paleo Solution: The Original Human Diet by Robb

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Wolf Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses?oThe Paleo Solutionoincorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.

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When the conventional wisdom didn't work, Robb Wolf, author of The Paleo Solution, found healing for his health issues in the eating habits of our ancestors. Robb Wolf was the son of perpetually sick parents, both of whom suffered numerous health problems.

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