

The Paleo Manifesto Ancient Wisdom For Lifelong Health

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The paleo manifesto : ancient wisdom for lifelong health / John Durant ; with contributions by Michael Malice. — First edition. Includes bibliographical references. 1. Health behavior—History. 2. Prehistoric peoples—Health and hygiene. 3. High protein diet. 4. Nature and civilization. I. Malice, Michael. II. Title. RA776.9.D87 2013

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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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