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**The Paleo Solution:
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Wolf offers up his take
on what is known
amongst the nutritional
and archeological
science circles as a
hunter-gatherer diet
and lifestyle. As a
former biochemist
working in cancer
research, Wolf's

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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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next level. The book sheds light on the very positive effects eating a Paleo diet can have on your body, including weight loss, better energy, reduced inflammation and the prevention of heart disease, cancer and diabetes.

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Meats should be naturally raised

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organic. Beef should be grass fed, eggs should be free range, and fish should be wild caught.

5. Consume 3 grams of omega 3 fish oil every day. A can of sardines or some wild salmon should do the trick.

Your mood will improve, along with your thinking and everything else.

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40 quotes from The Paleo Solution: The Original Human Diet: 'As a society, we have become so sick, weak, and broken, we accept the abnormal as normal.'

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The Paleo Solution: The Original Human Diet by Robb Wolf and Dr. Loren Cordain is an extension of Cordain's The Paleo Diet, an eating lifestyle plan that involves eating the foods our hunters and gatherers ancestors survived on.

The Paleo Solution - Diet Review

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

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

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