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## The Paleo Healing Bible: Harness the Power and Vitality of Our Ancestors and Condition Your Body from Head to Toe

By Christine Bailey

Apple Press. Paperback. Book Condition: new. BRAND NEW, The Paleo Healing Bible: Harness the Power and Vitality of Our Ancestors and Condition Your Body from Head to Toe, Christine Bailey, The Paleo Healing Bible is a practical introduction to getting back in tune with the natural rhythms of your body and seizing its full potential through Paleolithic inspired living. Work with your genetics to eat the way our ancestors did to lose weight, fight disease, and feel healthier than you ever have before. Explore the wide range of natural, unprocessed foods available today, including free range and grass-fed organic meats, poultry and wild fish, and other foods that have not come into contact with pesticides. A comprehensive Paleo food directory, delicious recipe ideas, and a quick reference Paleo food chart make following the Paleo lifestyle easy.



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