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diets overall tie the flexitarian diet which emphasizes fruits veggies whole grains and plant based protein is a smart and healthy choice

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robb wolf the healthy rebellion Oct 25 2022 web robb wolf is a former research biochemist and 2x new york times wall street journal best selling author of the paleo solution and wired to eat along with diana rodgers he co authored the book sacred cow which explains why well raised meat is good for us and good for the planet

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robb wolf new york times bestselling author of the paleo solution she is also committed to teaching the public and medical community about the healing power of the paleo diet and therapeutic lifestyle changes to restore health and vitality to our citizens and hosts a wahls protocol seminar each august follow her on facebook

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sugar management but there are no long term studies to offer evidence that people keep the weight off paleo diet

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