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The Paleo Answer by Dr. Loren Cordain | The Paleo Diet

PAPERBACK \$9.08 eBOOK \$14.95. Dr. Loren Cordain's bestselling The Paleo Diet and The Paleo Diet Cookbook have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts and other foods that mimic the diet of our The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay ...

In The Paleo Answer, Dr. Cordain shows you how to supercharge the Paleo Diet and create your own Paleo plan for weight loss and optimal lifelong health. The Paleo Answer provides: A powerful new 7-day plan with Paleo meal plans, supplement recommendations, and exercise and stress-reduction advice.

Ten Questions about the Paleo Diet with Dr Loren Cordain

Cordain is the author of six popular bestselling books including The Real Paleo Diet Cookbook, The Paleo Diet, The Paleo Answer, and The Paleo Diet Cookbook, summarizing his research findings. View all posts by Loren Cordain, PhD, Professor Emeritus | Website

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Loren Cordain's bestselling "The Paleo Diet" and "The Paleo Diet Cookbook" have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fi Dr. Loren Cordain Founder of the Paleo movement ...

Dr. Loren Cordain is the world's foremost authority on the evolutionary basis of diet and disease. Featured on Dateline NBC, the front page of the Wall Street Journal, and The New York Times, Dr. Loren Cordain is widely acknowledged as one of the world's leading experts on the natural human diet.

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Loren Cordain Dr. Loren Cordain's best-selling The Paleo Diet and The Paleo Diet Cookbook have helped hundreds of

The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay ...

The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young [Loren Cordain] on Amazon.com. "FREE" shipping on qualifying offers. How to take the Paleo Diet to the max for optimal weight loss and total health from bestselling author and top Paleo expert Dr. Loren Cordain Dr. Loren Cordain's best-selling The Paleo Diet and **The Paleo Way - Loren Cordain and the Paleo Diet** Pete Evans talks to Dr. Loren Cordain, Paleo Diet Movement founder and nutrition expert, he is the world's foremost authority on the evolutionary basis of diet and disease.

Interview: Dr. Loren Cordain, Father of the Paleo Movement

Dr. Loren Cordain, father of the paleo movement, discusses the past, present, and future of nutrition for the human species, and much, much more.

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Dr. Cordain is a Professor in the Department of Health and Exercise Science at Colorado State University in Fort Collins, Colorado. His research emphasis over the past 15 years has focused upon the evolutionary and anthropological basis for diet, health and well being in modern humans.

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The paleo diet explained

What is the Paleo diet and why should you care? Well, it's the original human diet and it's probably still the healthiest way you could eat. Here the world's #1 expert, professor Loren Cordain