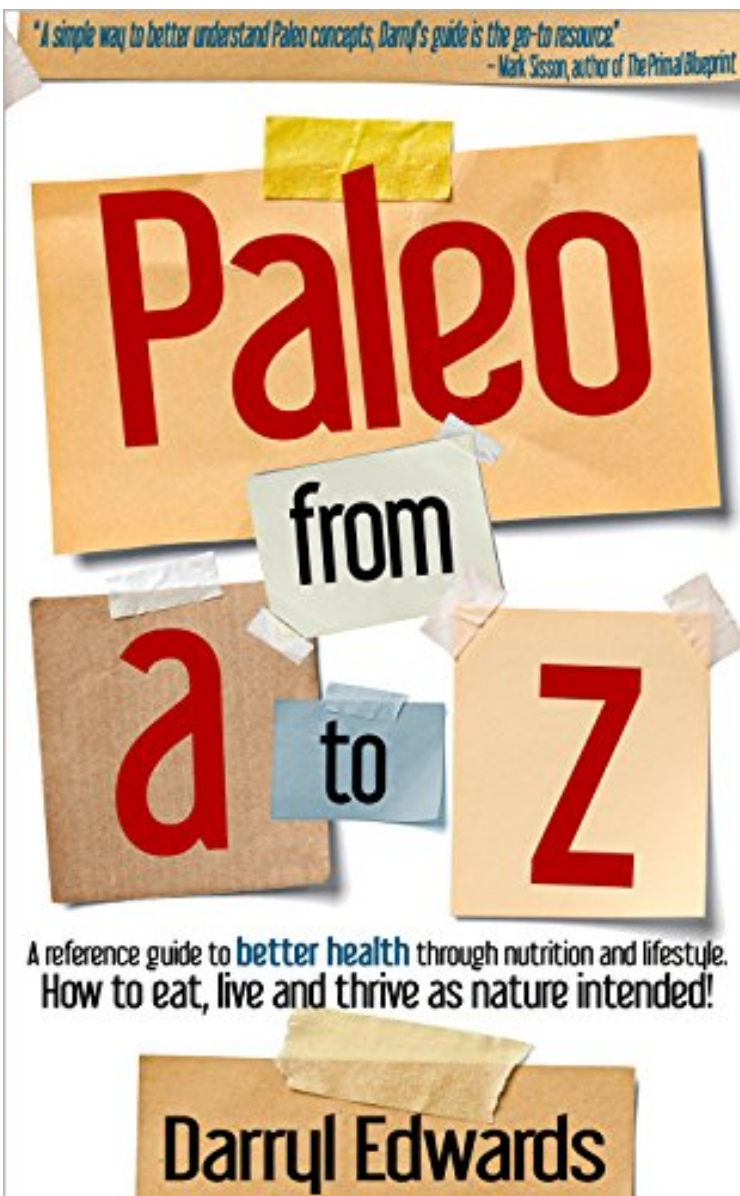


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# Paleo from A to Z: A reference guide to better health through nutrition and lifestyle. How to eat, live and thrive as nature intended! (English Edition)



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## Description :

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Biographie de l'auteur Darryl Edwards is an international speaker, certified personal trainer, nutritional therapist, and award-winning author of *Paleo Fitness: Primal Training and Nutrition to Get Lean, Strong, and Healthy*. His work has been published in *Men's Fitness*, *Women's Health*, *Elle*, *Top Santé*, as well as featured on the BBC and ABC in Australia. His journey with the Paleo lifestyle began over ten years ago when he had iron-deficiency anaemia, hypertension, and 26 percent body fat. He felt weak and lethargic and suffered from insomnia along with debilitating lower back and knee pain. It didn't take long after focusing on the Paleo approach to reap the benefits, and his improved health continues to this day. Edwards is now a leading expert in the optimization of health and well-being, offering one-on-one and group-based consultations. He currently lives in London, England, and blogs about his experiences with the Paleo lifestyle at [www.thefitnessexplorer.com](http://www.thefitnessexplorer.com).