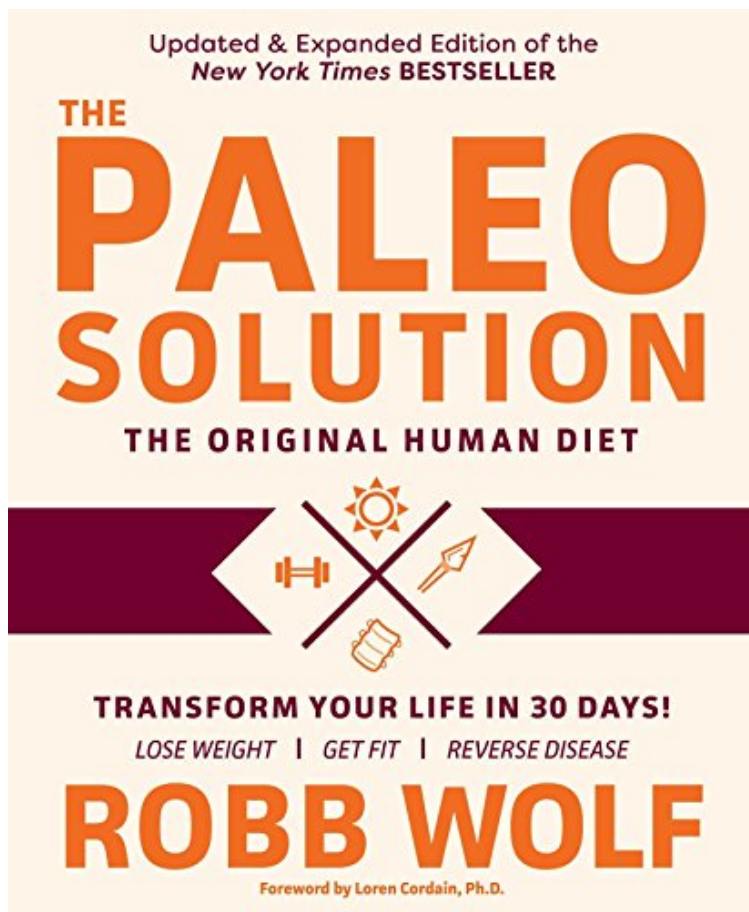


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The Paleo Solution: The Original Human Diet (English Edition)



Par Robb Wolf

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Description :

Prsentation de l'diteur "I am a firm believer in The Paleo Solution. I maintain a hectic schedule that starts early and finishes late. Filming a television series, maintaining my fitness, and being a mom can be harrowing some days. Since adopting a Paleo way of eating I look and feel better, and I know that I am setting a good example for my daughter."Eva La Rue, star of 'CSI: Miami'"I have watched as The Paleo Solution healed people after medical professionals had given up. Whether you are an athlete, or simply uninterested in becoming a health care statisticthere are no more excuses! Now you will finally look, feel, and perform as well as your genes will allow. Robb Wolf changed my life, and he is about to change yours too."Kyle Maynard, author of No Excuses and 2004 ESPY Award winner"Robb Wolf and The Paleo Solution have changed the way I look at diet and nutrition. He has helped me understand just how critical diet and sleep can be to your overall health and life."Forrest Griffin, former UFC Light Heavyweight Champion and author of the bestselling Got Fight?"They say the worth of a book is to be measured by what you can carry away from it. The Paleo Solutions value is far reaching for the knowledge that it offers. Robb

has taken a unique approach to health and lifestyle that will help countless people."John Welbourn, 10-Year NFL Veteran

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

Revue de presse

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