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In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary and revolutionary approach to health. All animals, human or otherwise, thrive when we mimic key elements of their

natural habitat. From diet to movement to sleep, this evolutionary perspective sheds light on some of our most pressing health concerns. What is causing the rise of chronic

The Paleo Manifesto: Ancient Wisdom for Lifelong Health by ...

The Paleo Manifesto is a slick, information-rich, extremely appealing ma For the most part, I found myself being swept up into a yeah, yeah, yeah vibe--the one you get, you know, when you are being marketed to.

The Paleo Manifesto Quotes by John Durant - Goodreads

The Paleo Manifesto Quotes Showing 1-30 of 63 George Carlin: The planet will be here for a long, long, LONG time after we re gone, and it will heal itself, it will cleanse itself, cause that s what it does.

The Paleo Manifesto: Ancient Wisdom for Lifelong Health ...

The Paleo Manifesto explores a way of life that we ve forgotten, and convincingly argues that we should re-think the way we live. Will Dean, founder and CEO of Tough Mudder John Durant offers a guided tour of our evolutionary heritage, showing how an ancestral lifestyle can improve our health and happiness.

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In today s episode we talk to John Durant, author of The Paleo Manifesto, about how looking at our ancestral past can help us achieve optimal health both physically and mentally.