

The Paleo Manifesto Ancient Wisdom For Lifelong Health

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The paleo manifesto : ancient wisdom for lifelong health / John Durant ; with contributions by Michael Malice. — First edition. Includes bibliographical references. 1. Health behavior—History. 2. Prehistoric peoples—Health and hygiene. 3. High protein diet. 4. Nature and civilization. I. Malice, Michael. II. Title. RA776.9.D87 2013

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~~The Paleo Manifesto by John Durant – blinkist.com~~

About The Paleo Manifesto 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 they mimic key elements of life in their natural habitat.

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