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The Paleo Solution is a thought provoking book and provides a nice way

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of looking at what has brought this generation to the brink of deadly diseases. If our ancestors did not have it, they must have done something right or at least different. So, following a diet and lifestyle that closely mirrors theirs could be the solution to the problem, right?

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ROBB WOLF, 2x New York Times bestselling author of The Paleo Solution

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and *Wired to Eat*, is a former research biochemist and one of the world's leading experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series.

Robb Wolf - The Healthy Rebellion

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have become so sick, weak, and broken, we accept the abnormal as normal.”. — Robb Wolf, *The Paleo Solution: The Original Human Diet*. 3 likes. Like. “In unambiguous terms, we are genetically wired to eat simple, unprocessed foods, and to expend a fair amount of energy in that process (walk, run, lift, carry, dance!).”.

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Robb Wolf (Author of The Paleo Solution)

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