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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 ...

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Excellent book regardless of whether you believe the debated paleo principle or not. The author states his case with clarity and humor. He also provides an extensive list of food choices to at least keep his eating program interesting. My experience from the Paleo Solution is that I lost 14 lbs.

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The Paleo Solution: The Original Human Diet

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

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<p>The whole paleo deal frightened me due to my affinity for grains and carbs. I maintain a hectic schedule that starts early and finishes late. However, he begins the book by disparaging vegetarians and vegans, stopping just short of calling them stupid, and he's taken it upon himself to strip nutritional scientists of their scientific credentials (a move he makes using an entirely fictional ...

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