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Author. Elle Russ is the author of Confident As Fu*k and The Paleo Thyroid Solution – a book which has helped thousands of people around the world reclaim their health. She is also the screenwriter of the award winning documentary Headhunt Revisited. Elle began her writing career in sketch comedy and is an alumna of the world-famous comedy theater, The Second City – Chicago, and also a ...

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The Paleo Approach Cookbook ~ The Paleo Mom

Study participants were still free to choose the foods they ate. This limitation was partly overcome by a paleo diet study [4] involving people with metabolic syndrome, a condition that involves obesity, high blood pressure, high cholesterol, and blood sugar problems that aren't quite full-blown diabetes.

Blast from the past: a paleo solution for type-2 diabetes

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ABSTRACT: Brief introduction asking the question "Does the paleo concept 'work'"? If so, how and for whom? Clinical examples of nutrition,...

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