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WHAT S THE DEAL WITH PRIMAL EATING AND THE PALEO DIET? (PAPERBACK)



People Tested Books, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. How can the paleo and primal lifestyle improve my wellbeing? Paleo is a must-know diet that many are touting and incorporating into their routine to optimize health. Kelly O. Schmidt, a registered dietitian and leading voice in the paleo and primal lifestyle movement is a passionate health advocate who stumbled upon this lifestyle while uncovering the...

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- Authored by Kelly O Schmidt
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