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John Durant The Paleo Manifesto 65 Bulletproof

Author of The Paleo Manifesto and professional caveman, John Durant, came on Bulletproof Radio to chat about primitive living in an urban jungle. In this fun and down-to-earth episode you ll hear John and I talk about Paleo being a biohack and cricket-based protein! Whether you live in a cave now or just plan on retiring []

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John Durant The Paleo Manifesto Talks at Google

In "The Paleo Manifesto: Ancient Wisdom for Lifelong Health," John Durant argues for an evolutionary -- and revolutionary -- approach to health.

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The Paleo Manifesto Hunter Gatherer

DESCRIPTION. What our ancient ancestors can teach us about how to be healthy: getting stronger, losing weight and living longer. In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary and revolutionary approach to health.

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A review of The Paleo Manifesto The Blog of Michael R

The Paleo Manifesto isn t at all similar to all the other Paleo books. It s a different beast altogether. And I quickly found myself captivated. It s a different beast altogether. And I quickly found myself captivated.

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