

THE COMPLETE
IDIOT'S
GUIDE™ TO

"... the perfect crash-
course for regaining that
essential connection."

—Foreword by Mark Sisson
author of *The Primal Blueprint*

Eating Paleo

Discover the health and weight loss
benefits of eating like our ancestors



Neely Quinn, ICNT, CLT, and Jason Glaspey

Idiots Guide Paleo

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