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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center, as the secret of their healthy glow. Health diets fad diets generally tell you to skimp on desserts, or just altogether...

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- Authored by Ginger Wood
- Released at 2014



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