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Sites By Individuals. The Paleo Diet Defined Is My Concise Definition Of The Core Paleo Diet And The Many Variations Of It.; Life Expectancy In The Paleolithic By Ron Hoggan Was Written To Refute Those That Argue They Died By Age 30 And Therefore The Diet Is Unhealthy. His Book: Dangerous Grains (Ron, Though Listed As Co-author, Wrote All But Seven Pages Of The Book). Feb 18th, 2019

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