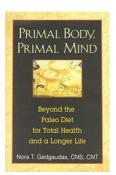
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Healing Arts Press. Paperback. Book Condition: New. Paperback. 416 pages. Dimensions: 8.9in. x 6.0in. x 1.1in.Combining your bodys Paleolithic needs with modern nutritional and medical research for complete mind-body wellness Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function Shows how our modern diet leads to weight gain and diseases of civilization--such as cancer, osteoporosis, metabolic syndrome,...

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