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Mihails Konoplovs, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. The Autoimmune Paleo Diet has grown into popularity over the past several years and it certainly cultivated a lot of members or followers of this kind of diet. The idea of this type of diet is to only consume foods that were present during the Paleolithic period like the fruits, vegetables, plants and even meat that were consumed by the people in that time.

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- Authored by Valerie Alston
- Released at 2015



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