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## **The Paleo Solution: The Original Human Diet by Robb Wolf**

Before I get into my review of Robb Wolf's new book, "The Paleo Solution: The Original Human Diet," you should know that I've now attended Robb's "The Paleolithic Solution Seminar" twice and can honestly say that this guy is the real deal.

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ROBB WOLF, 2x New York Times bestselling author of The Paleo Solution and Wired to Eat, is a former research biochemist and one of the world's leading experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series.

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Robb Wolf's "The Paleo Solution: The Original Human Diet," is definitely a book I'll be recommending that all of my clients read.

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As a fan of his previous work, a regular reader of his blog and a regular listener of his podcast, I've come to regard Wolf as one of my mentors on the subject of nutrition, health and performance.

### **The Paleo Solution: The Original Human Diet: Robb Wolf**

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## **THE PALEO SOLUTION The Original Human DIET | Fitness and ...**

The Paleo Solution: The Original Human Diet I wrote a book called The Paleo Solution which went on to become a New York Times Bestseller. This book incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best.



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