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# THE 10-DAY PALEO CHALLENGE



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The 10 Day Paleo Challenge is for those who are serious about making a significant shift in their metabolism. After 10 days, the benefits will motivate you to continue using this anti-inflammatory template of nutrition. For those who are still not sure about letting go of grains, learn how to transition to Paleo and wean yourself...

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- Released at 2013



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