

## THE PALEO MANIFESTO PDF%0A

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Author of The Paleo Manifesto and professional caveman, John Durant, came on Bulletproof Radio to chat about primitive living in an urban jungle. In this fun and down-to-earth episode you ll hear John and I talk about Paleo being a biohack and cricket-based protein! Whether you live in a cave now or just plan on retiring in one, there s something in this show for everyone.

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