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Eat the Yolks: Discover Paleo, Fight Food Lies, and Reclaim Your Health

By Liz Wolfe

Victory Belt Publishing. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 8.9in. x 6.0in. x 1.2in. We live in an era of health hype and nutrition propaganda, and were suffering for it. This is more than just a bummer -- its a tragedy of bad information, food industry shenanigans, and cheap calories disguised as health food. In Eat the Yolks, Liz Wolfe dismantles todays myths about fat, protein, carbs, and calories with wit and grace. She takes us back to the foods of our ancestors, combining the lessons of history with those of modern science -- all while building a case for a purposeful Paleo lifestyle. Nobody brings together pop culture references, classic movie quotes, and the truth about margarine better than Liz. Funny, witty, and above all, factual. Liz just gets it. This book isnt just about Paleo. Its about common sense. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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