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The Paleo Solution: The Original Human Diet. September 21, 2010 24 Comments. I'm only a few chapters into this book but I figured, why wait? And, I've skipped ahead here and there and read bit & pieces just to see how Robb would handle them.

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### **The Paleo Solution: The Original Human Diet: Cordain PH.D ...**

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

### **Book Review: "The Paleo Solution: The Original Human Diet ...**

The Paleo Solution Quotes Showing 1-30 of 40. "As a society, we have become so sick, weak, and broken, we accept the abnormal as normal." — Robb Wolf, The Paleo Solution: The Original Human Diet. 3 likes.

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