



**Practical Paleo: A Customized Approach to Health  
and a Whole-Foods Lifestyle by Sanfilippo, Diane  
on 10/09/2012 1 Original edition**

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This book explains why avoiding both processed foods and foods commonly marketed as "healthy"--like grains, legumes, and pasteurized dairy--will improve how people look and feel and lead to lasting weight loss.

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