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**October 5th 2011: Special Encore Presentation:
The Paleo Diet**

Healthy, delicious and simple, the Paleo Diet is the diet you were designed to eat says today's guest. The world's leading expert on on Paleolithic (stone age) nutrition, Dr. Loren Cordain joins me to discuss how, by eating all the lean meats and fish, fresh fruits and non-starchy vegetables you want, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, Syndrome X, and many other illnesses.



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