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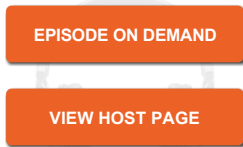
February 29th 2012: The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young

Whether you've been following a Paleo-friendly diet and want to take it to the next level or are just discovering the benefits of going Paleo, my interview with Dr. Loren Cordain will help you follow the Paleo way to the fullest—for lifelong health, increased energy, better sleep, lower stress, and weight loss.



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Featured Guest



Loren Cordain

Dr. Loren Cordain is a member of the faculty of the Department of Health and Exercise Science at Colorado State University.

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