



PALEO: It's not a diet, it's a lifestyle

Tomas Pulido Galan

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Don't start a diet that will finish someday, start a lifestyle that lasts forever.

Forget about counting calories, starving and tasteless food.

Gain health, vitality, strength, improve your appearance, live better and longer.

Question the established dogmas.

Stand up to the food industry,

Join the revolution.

Welcome to the tribe.

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