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NEANDERTHIN

**Eat Like a Caveman to Achieve
a Lean, Strong, Healthy Body**

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WITH TROY GILCHRIST

**FOREWORD BY MICHAEL R. EADES, M.D.,
COAUTHOR OF *PROTEIN POWER***

Neanderthin A Cavemans Guide To Nutrition

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The Caveman Way to Get Healthy-er Dr. David Kolbaba,2025-02-18 The Caveman Way to Get Healthy er is an invitation to rediscover health through the wisdom of our ancient ancestors Near Lake Superior a fisherman reels in a Neanderthal encased in ice Frozen alive the Neanderthal thaws overnight as his rescuer sleeps The fisherman wakes to a mammoth dilemma how does one take care of this primitive human ancestor Conversely the Neanderthal is baffled by his human descendant s ignorance of basic survival skills like eating moving and resting The scenario begs the question who is truly more primitive This resource embarks on a light hearted journey exploring 15 simple and effective natural health practices that can jump start the healing process for a range of conditions including obesity diabetes addiction and cancer Advocating for a return to more natural self care methods The Caveman Way to Get Healthy er illuminates the body s internal processes to reveal why these care instructions make so much sense Created for those whose health improvements have been stalled by time energy or financial constraints this guidebook activates the can do part of one s brain ensuring that meaningful progress is within reach Neander-thin Raymond V. Audette,Troy Gilchrist,1995 *Books in Print* ,1991

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