

References

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Chapter Two: Hunter Gatherers Are Us

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Insulin

Chapter Three-Five

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Grains

Chapter Six: Grains and Leaky Gut

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Fats

Chapter Seven: Fat: Have a Seat, This May Take a Little While

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Sleep

Chapter Eight: Stress and Cortisol or Why This Book Should Be Titled: Sleep Ya Big Dummy!

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Exercise

Chapter Nine: Ancestral Fitness

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