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6 Tips for Successful Weight Loss On a Paleo Diet Chris

February 7th, 2014 - In the last two articles I explained how a Paleo diet can help you lose weight without trying and why it's a better choice than many of the diets most commonly used by those trying to lose weight In this article I'd like to discuss some of the key strategies that can help make your weight loss journey successful While a switch to Paleo

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