

Paleo Man Health Manual

This manual teaches you how to eat and exercise like our ancient ancestors to achieve a long, healthy life. No matter how old you are, no matter how sick and out of shape you are, you CAN get back the health and vitality you were meant to have!

- Cancer
- Diabetes
- Arthritis
- Alzheimer's
- Auto-immune diseases
- Depression
- Nail fungus
- Mammograms
- Brain injuries
- High cholesterol

It explains why all the "experts" have been wrong, why all the things they told us in the past were based on bad science.

"The future of our health, is the diet of the past".