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# The Healthiest Diet On The Planet Why The Foods You Love Pizza Pancakes Potatoes Pasta And More Are The Solution To Preventing Disease And Looking And Feeling Your Best

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For example, in one 3-week study, 14 healthy adults following a paleo diet lost an average of 5.1 pounds (2.3 kg) and reduced their waist circumference — a marker for belly fat — by an average ...

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