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The Paleo Primer was written by Keris Marsden and Matt Whitmore, a British couple who operate a unique and extremely popular fitness and wellness facility called Fitter London. Their vast knowledge base, deft teamwork, and highly refined sense of humor shine through in these pages. It is a truly entertaining and deeply impactful read a great gift idea to introduce a family member, friend, or Paleo Primer Book Review How To Eat Your Way To Less Stress

Book Title: The Paleo Primer. Authors: Keris Marsden and Matt Whitmore. How To Eat Your Way To Less Stress. 1. Your Daily Brew I've been on a bit of a coffee craze since meeting Dave Asprey (the Bulletproof coffee guy) a few months ago.

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The Paleo Primer also offers preparations suitable for busy weekdays, and others for relaxing weekends. The Paleo Primer was written by Keris Marsden and Matt Whitmore, a British couple who operate a unique and extremely popular fitness and wellness facility called Fitter London.

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If you want to try living primally but are not sure where to begin, The Paleo Primer is the book you need to get started. Using clear guidance, straightforward explanations and delicious recipes, fitness experts Keris Marsden and Matt Whitmore will show you how to transform your body with simple changes to the food you eat.

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The Paleo Primer is compact, entertaining and clear, outlining the what and why of Real Food eating in the first 60 pages. It's perfect for anyone wanting to start eating better who needs the bottom line to get motivated and start

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