



Quantum Paleo

By D C Douglas Willen

Fight Productions, Inc., United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Quantum Paleo: Your personal leap! Quantum Paleo is not. a diet book, although if you follow the 21-day plan you will lose 6-18 pounds in the first three weeks. Quantum Paleo is not. long or complicated. This is concise by design. Most diet books are not read cover to cover. Readers typically search for what they need to know. I cut the fat. Simple works. Period. Quantum Paleo is not. a nutritional science research paper. Quantum Paleo is a result-oriented personal journey to make lasting changes in your health, mindset and waistline. Quantum Paleo is. about having a major breakthrough in the way you eat, live and take care of your body. Quantum Paleo is . about putting the pieces in place to achieve your health and fitness dreams no matter how many times you failed at reclaiming your health and ideal body weight in the past. Quantum Paleo is. a proven path used by Dr. Doug in his NYC practice for the past 14 years. Men, women, elite athletes and dancers in Broadway shows, as...

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