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This month our special guest is Adam Farrah from 'Strong Is The New Skinny' and Practicalpaleolithic.com. Adam is the author of the new book "The Paleo Dieter s

The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle

By presenting Paleo eating as a diet genre as opposed to a static diet with black and white rules, The Paleo Dieter's Missing Link empowers readers to create their

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Adam Farrah is the author of The Paleo Dieter's The Paleo Dieter's Missing Link: The Complete, Practical Guide To Living The Paleo Diet More of Adam's books

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