

**The Paleo Diet Food Dairy: The Ultimate Diet Log
(Personal Food & Fitness Journal) (Volume 6) By Jean
LeGrand**



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you need to eat a regular paleo or primal diet using leptin reset The leptin Rx is all about light and not food, Dairy is part of a Primal diet

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Insulin is secreted in response to carbohydrates. Information from The Paleo Diet they've stopped consuming dairy food. Nutrition Foundation Journal

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