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Sites by Individuals. The Paleo Diet Defined is my concise definition of the core paleo diet and the many variations of it.; Life Expectancy in the Paleolithic by Ron Hoggan was written to refute those that argue they died by age 30 and therefore the diet is unhealthy. His book: Dangerous Grains (Ron, though listed as co-author, wrote all but seven pages of the book). We are posting this information to clear up the considerable confusion about the Weston A. Price Foundation dietary principles and the "paleo diet." We feel it necessary to [...] I have been a customer at Key Compounding Nutrition center for many years. First started visiting for RX pick up when the store was in Des Moines, WA, it was Key Pharmacy. The increasing sensitivity of PCR has meant that in the last two decades PCR has emerged as a major tool in diet studies, enabling us to refine our understanding of trophic links and to elucidate the diets of predators whose prey is as yet - Contemporary Nutrition, Diet Analysis Quick Reference