

# **Cavewomen Don't Get Fat: The Paleo Chic Diet For Rapid Results By Esther Blum**

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Instead of limiting calories and fat, the Paleo diet focuses too. Take it from Esther Blum, author of the new book Cavewomen Don t Get Fat: The Paleo Chic

## **Cave women don t get fat a must-read new book!**

I want to tell you a little bit about my friend Esther Blum s new book Cave Women Don t Get Fat, out December 31, and why it belongs on your bookshelf.

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