

# Solving The Paleo Equation: Stress, Nutrition, Exercise, Sleep By Matt Stone

By Matt Stone

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Solving the paleo Equation: Stress, Nutrition, Exercise, Sleep by Garrett Smith N.D. My rating: 4 of 5 stars I have been following Matt Stone's work for 4+ years

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and my lifestyle I am so dissapointed to hear Matt Stone at 180-degree And exercise too much, eat too much/little, sleep too Matt doesn't push paleo,  
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<http://180degreehealth.com/books-matt-stone/>