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George Rick

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web the paleolithic or palaeolithic , p ɛ r , p æ l i ʊ ' l i θ ɪ k pay pal ee oh lith ik also called the old stone age from greek

παλαιός palaios old and λίθος lithos stone is a period in human prehistory that is distinguished by the original development of stone tools and which represents almost the

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web the primary aim of the paleolithic exercise program is to realign our daily physical activities with the classic levels expected within our unchanged paleolithic genome figure 1 illustrates how the following recommendations accomplish this goal

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