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Solving the Paleo Equation is not a health formula, philosophy, cult, fad, or movement, but an education. It's the manual on do-it-yourself health enhancement. Dr. Garrett L. Smith is a licensed naturopathic physician in three states (AZ, WA, OR) who practices primarily clinical nutrition and functional medicine in Tucson, Arizona.

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Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep - Kindle edition by Garrett Smith, Matt Stone. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep.

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Solving the Paleo Equation is a multifaceted book. The two authors cover four primary topics: stress, nutrition, exercise, and sleep and recovery, as well as a number of subtopics that relate to the main points of discussion.

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### **Systems of Equations Elimination**

Solving Equations Study Guide 1. Does your equation have fractions ? Yes – Multiply every term (on both sides) by the denominator. No – Go to Step 2. 2. Does your equation involve the distributive property ? (Do you see parenthesis?) Yes – Rewrite the equation using the distributive property. No – Go to Step 3. 3.

### **Solving Equations – Quick Reference - Algebra-Class.com**

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