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Description:

About the Author

Geoff Bond graduated with honors in applied sciences from London University. He spent his early career living and working in remote African villages, where he widened his studies in anthropology,

biochemistry, and evolutionary

human development. Using both research and firsthand observation of tribal societies, Bond developed guidelines for living in harmony with our naturally adapted lifestyle. He is the author of *Natural Eating* and, with his wife, Nicole, the coauthor of *Healthy Cooking*.

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