

THIS ONE GETS IT RIGHT.

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Another article on living the primal lifestyle in a mainstream newspaper, this time the DNA, talking about being primal / paleo in India, but luckily the journalist here has done her research![Have a read](#)This one features my delicious primal brownies, the recipe of which can be found [here](#). Well it's nice to know that there is some interest in the lifestyle, but a lot of work needs to be done in spreading the truth about real food!

