

~~~ The Bushy/Wildman/Paleo Diet Plan ~~~

See a book by my daughter: Wildman, Anita. (2000). *Live Like a Wildman - three sections - Eat Like a Wildman (Diet), Play Like a Wildman (Exercise/Meditation), Think Like a Wildman (Motivation/Self-Esteem)*. Brisbane, Anita Wildman publications. 60pgs.

