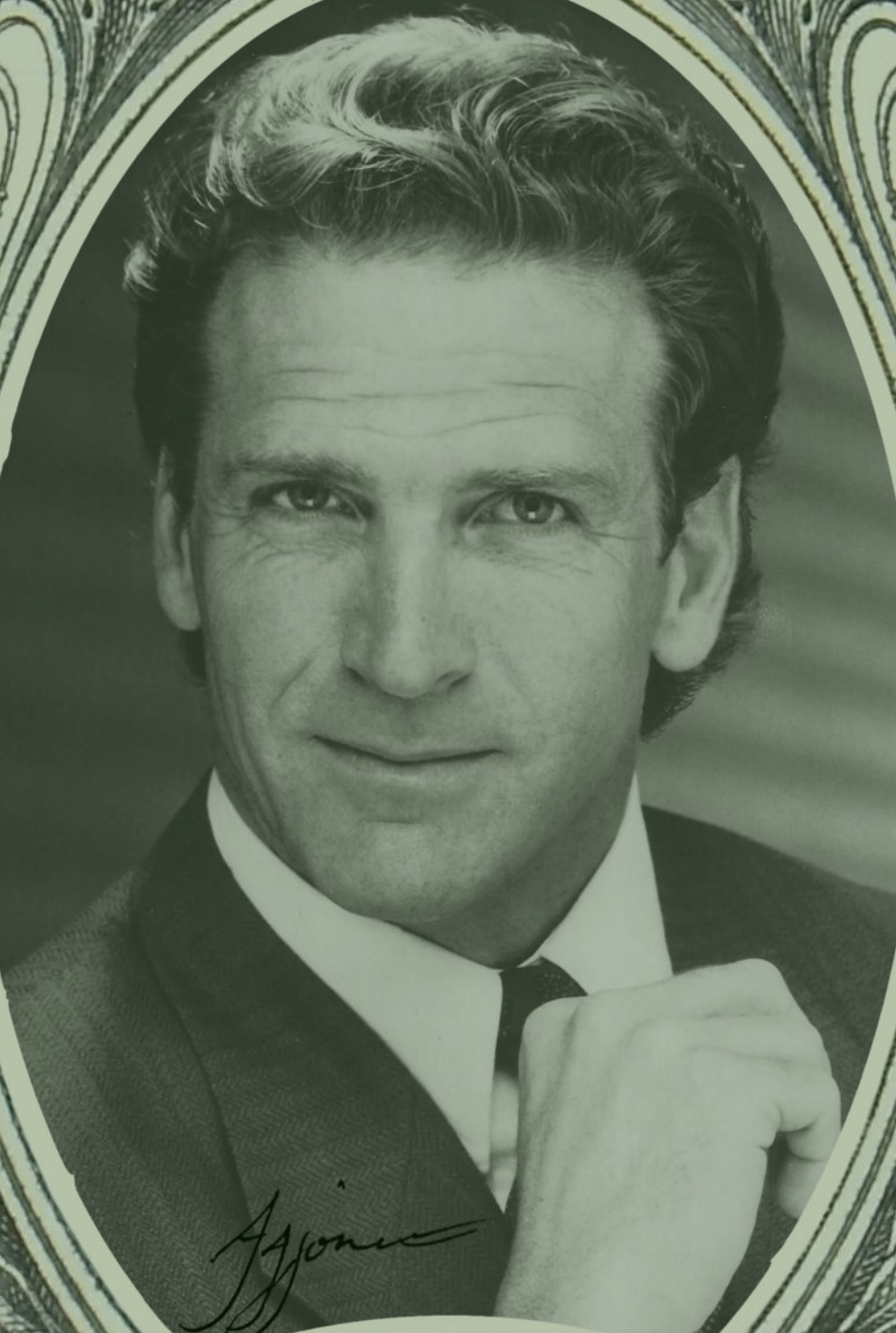


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Article Index

the PRIMAL DIET

PRIMAL DIET™ NEWSLETTERS

The Primal Diet Newsletters – Article Index (2006-2013)

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Article Index (2006-2013)

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Introduction

Aajonus did his own research. If he found that something was harmful, he would speak up, loudly and clearly, and do what he could to minimize the damage. This took the form of informing those interested, through his Primal Diet (TM) Newsletters. These newsletters were not and are not 'for everybody' because so much of what he found was contrary to generally accepted teachings and practices. He had the courage to speak freely.

During his life, Aajonus interacted with real people and responded to real needs. If some theory needed testing, he would test it on himself and others. If it didn't work, he dropped it cold. If it did work, he made it known, as a remedy spelled out in Primal Diet Newsletters, in consultations, Q&A sessions and Primal Diet Workshops.

When people asked for his next book, he would tell them that his Primal Diet Newsletters were his next book. This next book is now being presented as an e-book in a format that is easy to view on your preferred device. You may quickly and easily search for any subject. It is there as a reference any time you need it.

About this e-book

Because of the amount of information in the 32 newsletters Aajonus published between 2006 and 2013, a decision was made to split those (about 500 pages) up in seven volumes, each for one year (4-6 newsletters) except for 2012-2013 which are in Volume 7.

In this first release (November 2019) there may be formatting mistakes, spelling errors, and references with broken links to external sites with (possibly altered) information mentioned in the newsletters. This information was available at the time Aajonus wrote the newsletters and should have been saved for archival purposes at that time.

As the 'author' of this rewritten set of newsletters, I search for mentioned information during proof-reading and will do my best to find references that can be used in place of those no longer available. These references will in a later release of these books be added as an appendix to each of the volumes.

—

In case you find formatting mistakes, (any of the) missing references or spelling errors, I would appreciate if you contact me at ebooks@wewant2live.com

The e-book volumes will be updated in the shop whenever there has been important changes to the documents.

// Per-Olof Yliniemi

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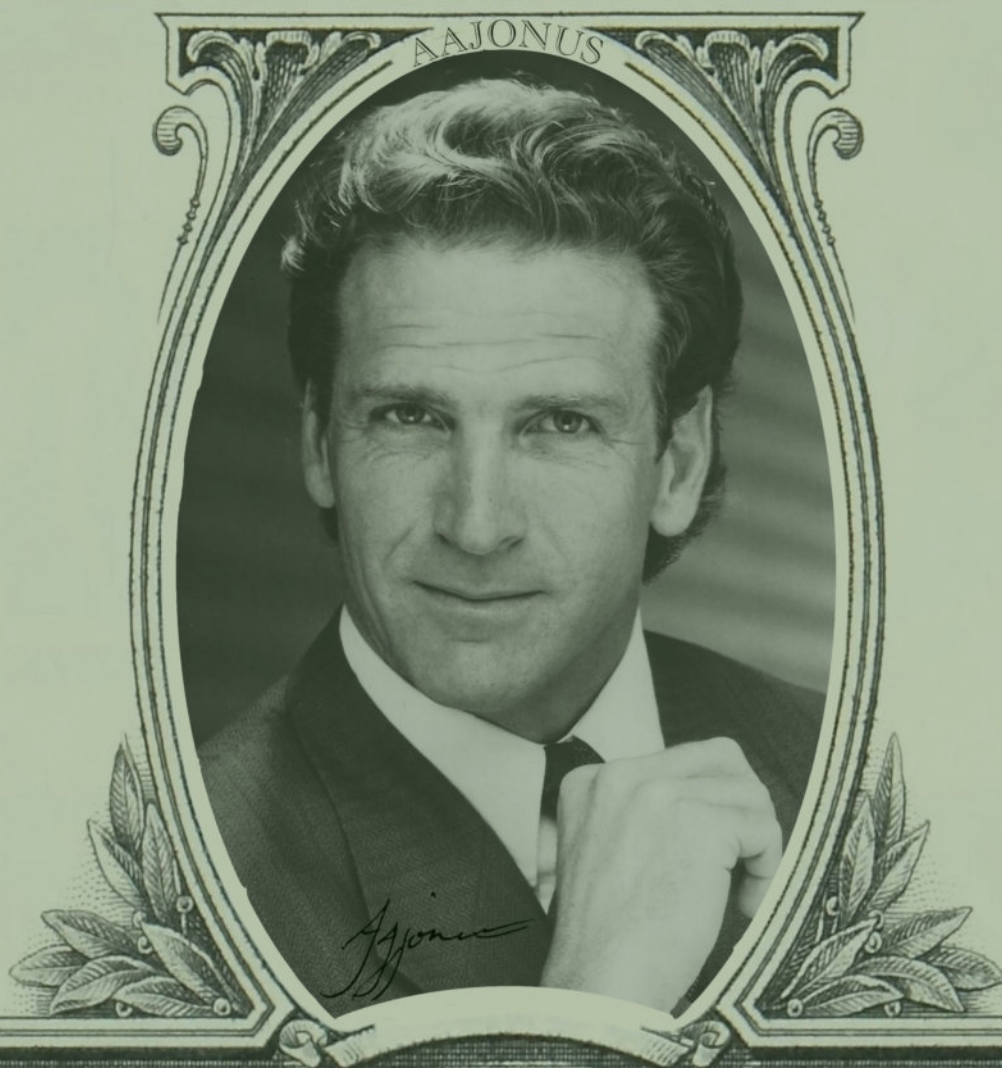


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"My Primal Diet Newsletters focus on issues that show the problem and solutions/remedies.

Thank you for your interest in and appreciation for my work. I continue to wish all of you wonderfully healthy futures!"

Aajonus