



Perfect Health Diet : Regain Health and Lose Weight by Eating the Way You Were Meant to Eat

PH D Paul Jaminet



Now in paperback, the simple, science-based, Paleo perfected (Vogue) diet that promotes effortless weight loss and peak health--written by two Harvard scientists. In Perfect Health Diet, Paul and Shou-Ching Jaminet explain in laymans terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and sup-orting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet makes weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat--and feel--forever!

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