

Perfect Health Diet Regain Health And Lose Weight By Eating The Way You Were Meant To Eat

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In Perfect Health Diet, the Jaminets explain how anyone can regain health and lose weight by optimising nutrition, detoxifying their diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how, on a healthy diet, diseases often spontaneously resolve.

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In Perfect Health Diet, the Jaminets explain in layman's terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve.

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Notably: Do not eat cereal grains — wheat, barley, oats, corn — or foods made from them — bread, pasta, breakfast cereals,... Do not eat calorie-rich legumes. Peas and green beans are fine. Soy and peanuts should be absolutely excluded. Beans... Do not eat foods with added sugar or high-fructose ...

The Diet - Perfect Health Diet | Perfect Health Diet

Shou-Ching Shih Jaminet, Ph.D., is Chief Scientist and founder of Angiex Inc, author of Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat (Scribner, 2013), and a molecular biologist and cancer researcher at Beth Israel Deaconess Medical Center and Harvard Medical School, where she serves as Director of BIDMC's Multi-Gene Transcriptional Profiling Core. Shou-Ching was born in Korea to Chinese parents, grew up in Korea, attended college at National ...

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In Perfect Health Diet, Paul and Shou-Ching Jaminet explain in layman's terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve.

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