



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

Paul Jaminet, Shou-Ching Jaminet

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An Australian edition of the four-step Paleo diet program that offers optimal nutrition for a lifetime of health. Suffering from chronic illness and unable to get satisfactory results from doctors, husband and wife scientists Paul and Shou-Ching Jaminet took a personal interest in health and nutrition, embarking on five years of rigorous research. What they found changed their lives - and the lives of thousands of their readers. In Perfect Health Diet, the Jaminets explain how anyone can regain health and lose weight by optimising 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. But they don't just tell you what foods to eat to make you healthier and weight loss easier: they show you why, with a clear, balanced, and scientifically proven plan. Already an international sensation, Perfect Health Diet will change the way you eat - and feel - forever. 'With more than 1000 citations to the scientific literature, Perfect Health Diet explains simply and clearly how to optimise your diet for a lifetime of great health ...This is more than a diet. It's a program for perfect health.' Chris Kresser 'The sanest overview of what to eat I have ever seen. If you are going to read only one thing on the subject, read this.' Seth Roberts, PhD

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