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tion and health in my life, and Perfect Health Diet is at the top of the list.’ (Chris Kresser, M.S., Lac; integrative medicine practitioner and blogger at ChrisKresser.com)

Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat eBook: Jaminet, Paul, Jaminet, Shou-Ching, Sisson, Mark: Amazon.in: Kindle Store

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.

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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Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat is a great way to understand the dietary and nutritional practices that lead to optimal health. Click the image below to visit our "Buy the Book" page: Supplements. We recommend a number of nutritional supplements.

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The Perfect Health Diet. Here's our Perfect Health Diet food plate: NOTE: This is our new food plate, updated 2015. Foreign translations of the original food plate may be found here. We recommend: About 3 pounds [1.4 kg] of plant foods per day, including:

About 1 pound [0.45 kg] of safe starches, such as white rice, potatoes, sweet potatoes, and taro;

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