



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

*Paul Jaminet Ph.D., Shou-Ching Jaminet Ph.D.*

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**Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat** Paul Jaminet Ph.D., Shou-Ching Jaminet Ph.D.

Already a self-published word-of-mouth sensation—the simple four-step Paleo diet program that offers optimal nutrition for a lifetime of great health.

Suffering from chronic illness and unable to get satisfactory results from doctors, husband and wife scientists Paul and Shou-Ching Jaminet took an intensely personal interest in health and nutrition. They embarked 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 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.

*Perfect Health Diet* tells you exactly how to optimize health and make weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!

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