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

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