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

"Paleo perfected." —*VOGUE*

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.

Foreword by Mark Sisson,
author of *The Primal Blueprint*



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Synopsis

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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Customer Reviews

This book is pretty heavy on the science and thought process behind the Jaminet's recommendations. They very logically and methodically made observations about human biology

and the effect of foods, did heavy research, and formed hypotheses on why certain dietary guidelines put humans in a more optimal state. I think everyone should have this info, and the book lays it out great. I do think one drawback is that the book is a little too dry at times and may lose the interest of a more casual reader. This would have knocked my review down to 4 stars if it weren't for the excellent summaries and recommendations stated clearly at the end of each section that explains what the reader should be taking away from the information.

So incredibly smart. Tremendous depth of research by very smart authors. I absolutely love that their thinking is presented with their recommendations so this is not just another attractive story. I was lucky enough to discover the first version soon after it was self published and adored it for the very high quality of thinking. Now they have a second edition by a major publisher and so it looks nicer and benefits from some refinement of their thinking and some additional material. I bought a few copies of the first addition (hardback and Kindle, and another hardback copy for my mom) and I've bought a few hardback copies of the second edition for myself and family. Planning to buy the Kindle version too, to see if it makes it easier to access the notes which are extensive, but were more directly accessible in the first edition. In the second edition they are published on line (see the web site PerfectHealthDiet.com which is an unbelievably great resource). I've been following it since the first reading and I really love it, in many, many ways. My persistent acid-reflux improved markedly after eliminating grains. Their treatment of supplementation, especially enhanced in this new version, has changed my thinking and my actual practice. I've lost 20 pounds largely without trying or hunger. And it is a very comfortable, easy, and delicious way to eat. I highly recommend that you buy and read this book. It is a landmark! 2013 Nov 13 Update: I've now lost 30 pounds while eating very delicious meals, and never feeling deprived (except occasionally missing bread). I've been following the weight loss version of the diet with an emphasis on making sure I'm eating nutrient dense meals, and giving my body everything it needs but without excess. For the first time in decades my finger nails are grown out and strong. Previously frequent congestion has disappeared.

I had been eating (very) low-carb and high-protein for the better part of a decade - and I had gotten a lot of practice arrogantly dismissing suggestions (from any source) that I should change anything about my diet. It is a testimony to the insightfulness of this book that it persuaded me to change. How was I persuaded? * The Jaminets are highly educated (Ph.D.s both), but not they're not nutritionists and are not bound by any party line. * They amass a huge volume of scientific literature in support of

their assertions - about 1/3 of every page is journal citations.* They write clearly, and are clearly motivated by a desire to share the keys they've discovered for better health.* Time after time, while reading, I exclaimed "so *that's* why!" - there's an overarching framework they build, and after reading it I have a much broader and deeper understanding of health and nutrition. The changes I made were: 1. Eat a modest amount (15-20%) of calories as carbs from what they call "safe starches" (rice & potatoes in my case.) 2. Eat a large (~70%) of calories from fat. In particular, I consume dramatically more butter (kerrygold!), and I've added a fair bit of coconut oil too. 3. (As a result, the amount of protein I eat has dropped somewhat.) 4. Supplementing with a mix of the vitamins they recommend. 5. Doing a 24-hour fast once a week. Results: (after 1.5 months or so.) 1. I'm no longer "brain-dead" and unable to think in the evenings after work. 2. I no longer have fruit or chocolate cravings. 3. I'm much happier, and wake up looking forward to the day. 4. I've been much more social. 5. The extra starch has not resulted in weight gain. (I always gained weight when eating carbs before.) 6. It looks like the fasting (which I've never tried before) is helping my alertness and also contributing to healthy weight loss. It took less than a week for me to notice dramatic changes. The diet guidelines are straightforward and fit on a page, but the explanatory material is priceless. The Jaminets post on an ongoing basis at their [perfecthealthdiet dot com](http://perfecthealthdiet.com) blog as well. I can't recommend this book highly enough.

This is, hands-down, the best nutrition book I've ever read. As a PhD student in nutrition, I've gone through several. The good, the bad, the ugly, and the boring. This book is anything but boring. Paul and Shou-Ching use very compelling logic to get to their dietary recommendations. They start deductively...what do humans need to eat, in general? What is the human body made of? What do other animals eat? They then get down to the nitty gritty. In fact, the nitty-grittiest of the nitty gritty. Specific amounts for specific nutrients, all referenced heavily. As a side note, I'd like to say that Paul Jaminet is an amazing person. He writes a very detailed blog and responds to even the most mundane of questions from blog readers. I've met him in person, and he is as nice and smart as you would expect from reading his book/blog. Paul is responsible for the biggest change in paleo in the last couple years-- the reintroduction of "safe starches" by many. Whether you agree with him or not, he provides a very interesting and well-researched viewpoint.

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