



Ebook Directory
the best source of ebook

The book was found

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*



EXPANDED
CHAPTER INCLUDES
55
NEW RECIPES

PDF



DOWNLOAD EBOOK

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 livesâ ” and the lives of thousands of their readers. In Perfect Health Diet, the Jaminets explain in laymanâ ™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 eatâ ”and feelâ ”forever!

Book Information

File Size: 5270 KB

Print Length: 465 pages

Publisher: Scribner; 1 edition (December 11, 2012)

Publication Date: December 11, 2012

Language: English

ISBN-10: 1451699158

ISBN-13: 978-1451699159

ASIN: B007USA6MM

Text-to-Speech: Not enabled

X-Ray: Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,005 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies #11 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Gluten Free #31 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free

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.

[Download to continue reading...](#)

Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)
Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low

Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels.: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Alkaline Diet: A Complete Guide For Alkaline Diet, Health Benefits of the Alkaline Diet: What To Eat & What To Avoid and How to Check Your Acidity Levels? ... Eating, Optimal Health, Lose Weight Book 1) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Ketogenic Diet: The Complete Ketogenic Diet Cookbook For Beginners â Learn The Essentials To Living The Keto Lifestyle â Lose Weight, Regain Energy, and Heal Your Body (Ketogenic Diet For Beginners) The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight

Loss, Paleo Diet Plan)

Contact Us

DMCA

Privacy

FAQ & Help