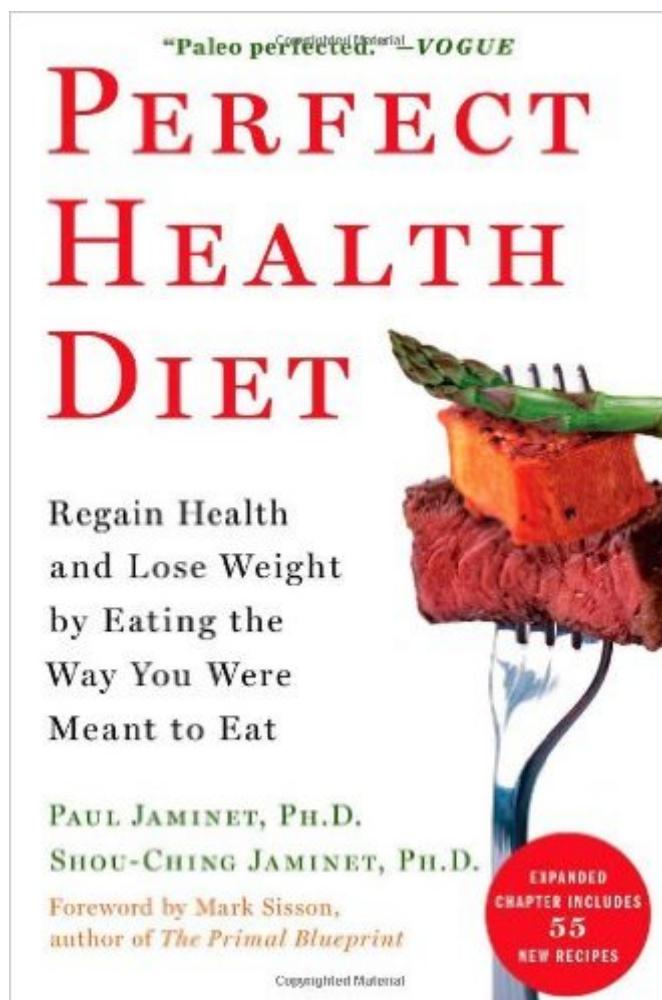


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# Perfect Health Diet: Regain Health And Lose Weight By Eating The Way You Were Meant To Eat



## Synopsis

Now in paperback, the simple, science-based, à œPaleo perfectedâ • (Vogue) diet that promotes effortless weight loss and peak healthâ "written by two Harvard scientists. In Perfect Health Diet, Paul and Shou-Ching Jaminet explain in laymanâ ™s terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supÃ-porting 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 eatâ "and feelâ "forever!

## Book Information

Paperback: 464 pages

Publisher: Scribner; 1 edition (December 3, 2013)

Language: English

ISBN-10: 1451699158

ISBN-13: 978-1451699159

Product Dimensions: 5.5 x 1.2 x 8.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (410 customer reviews)

Best Sellers Rank: #15,200 in Books (See Top 100 in Books) #22 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #45 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies #58 inÂ Books > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

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.com](http://perfecthealthdiet.com) blog as well. I can't recommend this book highly enough.

The Perfect Health Diet is an extremely well referenced and supported diet book. I have read maybe fifty health and nutrition books, many in the "low carb", "paleo", "traditional eating" and "whole foods" categories. This book is the best that I have read. Every issue is discussed in detail. The end product is a diet that has similar macronutrient ratios to Pacific islanders with high levels of longevity and resistance to disease. How they deduce that such a diet is optimal is pretty interesting. The authors use the premise that your body can convert one type of macronutrient to another, but such conversion may not be optimal. Why go completely high protein when your body will just make glucose from protein? Why go high carb when the carbohydrates above 600 calories a day are converted to saturated fat? The authors also point to the nutrients in human milk as evidence on what might be optimal to eat. The discussion of macronutrients (fats, proteins, carbohydrates) was the most detailed I have seen in any nutrition book for a non-professional audience. The diet is a "paleolithic" diet in that it suggests avoiding food toxins such as fructose (sugar), grains other than white rice, legumes and omega 6 polyunsaturated fatty acids. The book is quite specific about the evidence on these toxins. The diet is fine with so-called "safe starches", such as potatoes and white rice. It ends up being a high fat diet by calories as protein and carbohydrates are given generous upper bounds. Coconut oil is praised. A section on supplements gives reasonable advice to focus on a few key nutrients and to avoid a few other common supplements. All the advice is quite reasonable. Readers who still need to be convinced that saturated fat and dietary cholesterol are not the causes of heart disease might start with a more basic book that fights all the introductory fights (Good Calories, Bad Calories by Taubes is one, albeit lengthy suggestion). But for someone buying into the basic paradigm and looking to optimize their own health through nutrition, the Perfect Health

Diet is the best book to buy.

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