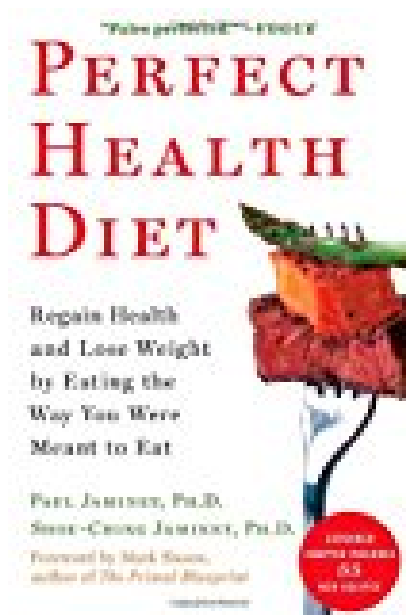


# Perfect Health Diet Regain Health and Lose Weight by Eating the Way You Were Meant to Eat

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## BOOK DETAILS

- Author : Paul Jaminet Ph.D.
- Pages : 464 Pages
- Publisher : Scribner
- Language : English
- ISBN : 1451699158

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## **BOOK SYNOPSIS**

In a book drawn from five years of rigorous research, husband-and-wife scientists, explain how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet and supporting healthy immune function.

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