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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

Perfect Health Diet Perfect Health Diet

Karin Nielsen-Saines



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