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Notably: Do not eat cereal grains – wheat, barley, oats, corn – or foods made from them – bread, pasta, breakfast cereals,... Do not eat calorie-rich legumes. Peas and green beans are fine. Soy and peanuts should be absolutely excluded. Beans... Do not eat foods with added sugar or high-fructose ...

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Shou-Ching Shih Jaminet, Ph.D., is Chief Scientist and founder of Angiex Inc, author of Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat (Scribner, 2013), and a molecular biologist and cancer researcher at Beth Israel Deaconess Medical Center and Harvard Medical School, where she serves as Director of BIDMC's Multi-Gene Transcriptional Profiling Core. Shou-Ching was born in Korea to Chinese parents, grew up in Korea, attended college at National ...

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In Perfect Health Diet, Paul and Shou-Ching Jaminet 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.

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