



The Jungle Effect: Healthiest Diets from Around the World--Why They Work and How to Make Them Work for You

Daphne, M.D. Miller

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Why do the relatively poor native populations in Mexico and Africa have such low levels of the chronic diseases that plague the United States?

Why is the rate of seasonal affective disorder in Iceland—a country where dreary weather is the norm—so low?

Why is it that older women in Okinawa have such low breast cancer rates that it is not considered cost-effective for them to get screening mammograms?

The Jungle Effect has the life-changing answers to these important questions, and many more.

Whether it's the heart-healthy Cretan diet, with its reliance on olive oil and fresh vegetables, the antidepressive Icelandic diet and its extremely high levels of omega-3s, the age-defying Okinawa diet and its emphasis on vegetables and fish, or the other diets explored herein, everyone who reads this book will come away with the secrets of a longer, healthier life and the recipes necessary to put those secrets into action. *The Jungle Effect* is filled with inspiring stories from Dr. Miller's patients, quirky travel adventures, interviews with world-renowned food experts, delicious (yet authentic) indigenous recipes, and valuable diet secrets that will stick with you for a lifetime.



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This The Jungle Effect: Healthiest Diets from Around the World--Why They Work and How to Make Them Work for You is great guide for you because the content and that is full of information for you who have always deal with world and get to make decision every minute. This book reveal it facts accurately using great manage word or we can point out no rambling sentences inside it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having The Jungle Effect: Healthiest Diets from Around the World--Why They Work and How to Make Them Work for You in your hand like having the world in your arm, data in it is not ridiculous one particular. We can say that no guide that offer you world in ten or fifteen minute right but this reserve already do that. So , it is good reading book. Hey there Mr. and Mrs. stressful do you still doubt that will?

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