



# **The Perfect Human Diet: The Simple Doctor- Proven Solution for the Health and Life you Deserve**

*CJ Hunt*

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## **The Perfect Human Diet: The Simple Doctor-Proven Solution for the Health and Life you Deserve** CJ Hunt

The Perfect Human Diet, companion book to the number one film, is a game changer in the world of health and nutrition. The result of broadcast journalist C.J. Hunt's unprecedented global exploration for a solution to our exploding epidemic of obesity and diet-related disease— the #1 killer in America. It's a fascinating treasure hunt - the unexpected discovery of the authentic human diet - and The Perfect Human Diet's doctor proven solution for achieving optimal human health and longevity. Inside, you get exclusive access to the world's foremost authorities on evolutionary anthropology and the emerging field of "human dietary evolution." You will bypass current dietary groupthink and see for yourself the exciting proof that ends dietary confusion. And join the thousands of film viewers worldwide who say they finally understand the full human story, gaining a new confidence to take charge of their own health and wellbeing. Fascinating and compelling, you get the secrets about the perfect human diet that were previously unknowable - No more dietary theories from diet guru's to misguide you - The Perfect Human Diet gives you the facts. Uniquely easy to put into use, C.J. Hunt explains a new method of eating to optimize your health based on these breakthrough scientific facts, including detailed grocery shopping advice and great tasting recipes. Described as "irrefutable" and "the answer to the obesity epidemic" The Perfect Human Diet will forever change the way you think about food - and guide you to the health and life you deserve.

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