

IP3 : Assignment 2

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Book Review of Perfect Health Diet by Paul Jaminet and Shou-Ching Jaminet

The book "Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat" by Paul Jaminet and Shou-Ching Jaminet presents a dietary framework based on evolutionary biology and scientific research. The purpose of this review is to present a brief summary of the book's premise, examine the evidence brought forward to support its claims, and give my reactions as a future nutritionist both professionally and personally.

The central point of the "Perfect Health Diet" hypothesis lies in the fact that modern humans must adapt a diet that is close to that of their Paleolithic ancestors to enjoy perfect health. The authors propose that evolutionary biology can guide dietary guidelines because our bodies are fit for the types of foods that our ancestors ate. The major guiding dietary principles are to: achieve a balance in the intake of macronutrients (carbohydrates, proteins, and fats); place preference on "safe starches" such as potatoes and white rice; eat nutrient-rich foods like vegetables, fruits, fish, and offal; and include healthy fats while reducing toxin from grains, legumes, and industrial seed oils. Furthermore, the author emphasizes using a holistic method of health, which includes intermittent fasting, nutritional supplements, enough sleep, and regular exercise.

Paul and Shou-Ching Jaminet's standpoint is convincing due to their extensive scientific research and development of evolutionary theories. They contemporary dietary principles, particularly those driven by the industrial food system, which leads people to consume harmful foods and unnatural additives like processed food and artificial ingredients, among others.

Contrarily, they suggest a restoration of natural foodstuffs that were close to what our ancestors used to eat, crediting the fact that our organism is adjusted to this type of food.

In the book, the authors provide solid scientific references to back up their claims, citing a combination of studies from various sources and studies. They offer a comparative study that often coincides with the current scientific consensus, but individual recommendations, including the critique of cereal grains and legumes, distinguish it from the generally accepted dietary advice. The credibility of the sources used is mostly considerable, as the authors utilize peer-reviewed research and established scientific principles as the basis for their argument.

I found the evolutionary perspective of “Perfect Health Diet” to be both interesting and compelling while reading it. What gives the book an edge is its rigorous research and how it simplifies complicated terms. On the other hand, there are some doubts raised, especially about the feasibility of restricting such foods as grains and legumes completely to the general population in their diets. Some of the innovative ideas, like the emphasis on safe starches and extensive consideration of healthy fats, are in line with current nutritional knowledge and may need customization for every client.

As a future dietician-nutritionist, I can see how the given principles could be used in practice. Applying these concepts to nutritional advice may lead to a better focus on whole, nutrient-rich foods as well as considerations as to the type and source of fats consumed. On the other hand, every client’s needs and tastes are different. For example, while cutting out grains may be beneficial to some, it may not be a practical or crucial option for others. Customizing the diet according to the unique demands of each individual helps ensure its long-term sustainability and success.

In summary, "Perfect Health Diet" is an evidence-based dietary book that questions and updates dietary philosophy for the modern world. The writers' focus on evolutionary biology and scientific research provides a good balance for their suggestions. Although some parts of the diet may be speculative or difficult to implement across the board, the book's central message lies in its advocacy for unrefined, unprocessed real foods and a balanced macronutrient intake. I thoroughly endorse this book as a valuable read for nutritionists and health buffs because of its thought-provoking insights and helpful dietary guidelines.

Reference

Jaminet, P., & Jaminet, S.-C. (2018). *Perfect health diet*. Thieme.