



# **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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**Shalon Dougherty:**

Within this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple method to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. One of the books in the top record in your reading list is *The Jungle Effect: Healthiest Diets from Around the World--Why They Work and How to Make Them Work for You*. This book that is certainly qualified as *The Hungry Hills* can get you closer in turning out to be precious person. By looking up and review this reserve you can get many advantages.

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