**The Jungle Effect: A Doctor Discovers The Healthiest Diets From Around The World--why They Work And How To Bring Them Home**

Daphne Miller Allison Sarubin-Fragakis

Pyramids: What We Eat and Who We Are - KQED Buy Jungle Effect: Healthiest Diets from Around the World -- Why They Work and How to Bring Them Home. Oprah.com: An Interview with Dr. Mehmet Oz - Daphne Miller, M.D. The Jungle Effect by Daphne, M.D. Miller M.D. 9780060886233 Cereal - Surprising High-Sodium Foods to Avoid Shape Magazine The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World—Why They Work and How to Bring Them Home. Dr. Daphne Miller founded WholefamilyMD in 2000 to focus on the whole person and to discover their “inner doctor,” the skills they need to manage their own health. The Jungle Effect: The Healthiest Diets from Around the World, Why They Work She is thrilled to bring her expertise and lessons learned in a variety of The Jungle Effect: A Doctor Discovers the Healthiest Diets from. 9 Aug 2011. High-sodium foods are harder to avoid than you think! says Daphne Miller, M.D., author of The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World—Why They Work and How to Bring Them Home.