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The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World--Why They Work and How to Bring Them Home (Collins Living, 2008) by Daphne Miller, M.D. Daphne Miller, M.D. author of The Jungle Effect, writes that indigenous foods, or native plants, vegetables, and fruits, are the natural prescription solution and even prevention for type 2 diabetes.

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