



Harvey und Marilyn
Diamond

FIT FÜRS LEBEN

GESUNDHEIT
FIT FOR LIFE

Gesund und schön
ein Leben lang

Harvey & Marilyn Diamond

Fit for Life HB



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The Original Publication is much better. Browse the original Fit For Life back the 80's. Couldn't find my copy so when looking the book up, found this updated edition and made a decision to purchase. Importantly, Gemstone advocates that fruits become consumed on an empty stomach, best for breakfast in virtually any amount till pleased up till noon. IT Functions! Caution though that what works for one might not work or be redundant for another. RATHER than carbs as the normal food staple, theory advocates treating vegetables as the staple (common meals) to be studied collectively with proteins and separately in a different food with carbs. I was VERY disappointed in the buy.. The concepts in this publication are simple to follow. We swear by it!. literally! I purchased the newer edition because it had additional information that my old one did not and I am using it this time around for health reasons. You will also be among those people whose skin, hair and nails are radiant. Zero bloating, no stomach issues, no acid reflux disorder, no constipation, no gassiness, no digestive problems. Just great food combined properly for maximum effect. This book came into my life via a dear friend greater than a decade ago, in fact it is by far the book that has impacted my entire life the most. The writer rambles on and on for most likely over 90% of the book about nonsense and practically says his method of eating will treat cancer. Anyone who has read and tried the recommended eating patterns in this book, have already been grateful to attended across it. I use this book with its dishes daily. but alas, five may be the most I could give, therefore i have. BEST EATING PLAN I HAVE EVER FOUND! Many years ago We followed this eating plan and was very effective with losing weight. No laughing matter! A logical deduction from right here then is certainly for carbs & The author categorizes food into 3 categories: 1) carbohydate, 2) protein and 3) vegetables and advocates that food be consumed in compatible category combinations that would result in optimal digestion. Spoken from personal experience in addition to hvg witnessed a business associate improve your health over an 18mth project. Pick the things in the program you can do and continue adding more as you are comfortable. The more you do, the more results you will have. I know I've had great results by following as much as I could and every day getting I could do a little more. I found it was best to completely browse the book through before starting the plan, in this manner you should have understanding of why you need to eat the way they say. vegetables to be consumed at lunch - hence allowing the energy it generates to be utilized through the afternoon (instead of stored overnight). My eating way of living Bible! I brought this publication when I was out of university (many moons ago) and lost weight. Phase 1 - Consuming & The book theorises that your body undergoes 3 main phases of food processing through a 24hour day. I stayed at a size 8 for years. Now nearly 30 years afterwards I'm at a size 12 and retired. I am now ready once again to become FIT FOR LIFE! Alot of fluff no recipes. Five Stars His explanations about how exactly to mix foods has lessened my problems with gastroparesis. i have gone from 196 to only 138 lbs using this way of eating, from putting on 39 in . waistlines to 27 in .. This is often a tough intend to follow initially, so as the book says take it a step at a time and don't make an effort to do everything it claims on day one. You could have whatever you are feeling like eating, there are no restrictions - AT ALL. I was in fact losing so much pounds (plus working about 4 x's weekly). Digestion (12noon-8pm);. and Phase 3 - Excretion (4am-12noon). Also, I just got my labs back again and for the first time since last using this plan(15 yrs ago) my cholesterol panel is usually all normal! For example, it maintains that proteins and carbohydrates should never be consumed collectively as the enzymes secreted to digest the respective classes tended to block out each other's digestive powers, neutralising the acidity/ alkalinity of the enzymes. As a result of which slows digestion, lengthening enough time poorly digested food spends in the tummy. love this publication. This contributes to fast putrefication - imagine foul odious sludge & gas

seated in one's intestines, heading nowhere and the resulting emissions! Years later on, I considered it again and decided to purchase the book once again, saw this version and thought I'd buy it rather. Rather - the aim is to maximise digestion and absorption and waste material expelled in the shortest possible time. Changed my entire life. Was disappointed and also have gone ahead and ordered the original. The rationale here is to avoid diverting new energy from the previous night's great sleep to digesting much food, preferring rather to channel the obtainable energy to the day's morning pursuits. Simple carbs from fruits are in absorbable type and provides the mandatory energy for the cleaning (waste mgmt) cycle each morning - when excretion best take place. In the month I've used the eating plan I have lost weight, feel even more clear headed and energetic. IT WORKS This is the only book that I have ever bought that I can follow and actually lose weight on. Don't waste your money! I broke the poor thing down. recovery after the day's pursuits. This overall eating formula aims to market digestive health as well as aid effective weight loss - and it works! Wasn't as impactful as the original book. EASILY could've with all this zero stars I'd have got. It's a gem for me personally. Great then, great now I gave aside my original book over ten years ago, and attempting to rekindle the great health insurance and energy I had in the past, I bought this newer printing. Some of the details and opinions are extreme and should be studied with a grain of salt, but when I followed the dietary plan strictly, I lost 3 lbs weekly without the effort (apart from eating a great deal of fruit and farm fresh veggies). I go right back and read it again. Try it Reminded me how good I feel when I eat this way Mistake I mistook this book for Healthy forever by Dr.. That one is kind of out in still left field. EASILY could give it 100 stars, I would; easy to read and follow recipes. Principles can not be more unlike today's foods but which adhered to, brings great benefits for all those with frequent indigestion Principles herein can't be more unlike today's conventional meal but which, if adhered to, brings great rewards for those who suffer frequent indigestion. It worked well for me perfectly. I was sick and tired of the diets. I love this book so much that I really like this book so much that when I actually read it, then re-read it at the pool.... vegetables otoh, is most beneficial consumed during the night to resource muscle repair &.. offered the tattered someone to my hubby and bought another book :) that is my bible. Check it out, and you'll become one of these people whose sh*t won't stink;. Nutrient absorption is impaired, and food would end up sitting in the digestive system longer than it will, exposing it to an increased incidence of putrefication whenever it encounters sugary chemicals (desserts after a meal is a bad idea). Waste of Money I read his original Fit FOREVER book back the 90s and tried his recommended way of taking in.s Heller. Stage 2 - Absorption (8pm-4am); This time I'm looking towards trying even more of the dishes and am psyched to revisit this great reserve. Maybe I need this in hardcover lol This reserve is just good solid GOOD SENSE. Everyone should go through it. When I stray with crap meals. Great dietary guide Very informative on safe, clean eating Words to eat by This is precisely what I had a need to get my diet plan and weight under control for life.. Big mistake! I have, am, and will continue steadily to recommend it to anyone who techniques me complaining of any eating problems, or disorders.. If you would like information on meals combining as a way of consuming, there are many websites out generally there that provide you the same information, without all the nonsense and rambling, and it's free of charge. Proteins & Hence listen to your own body. TL-DR Too many words



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