

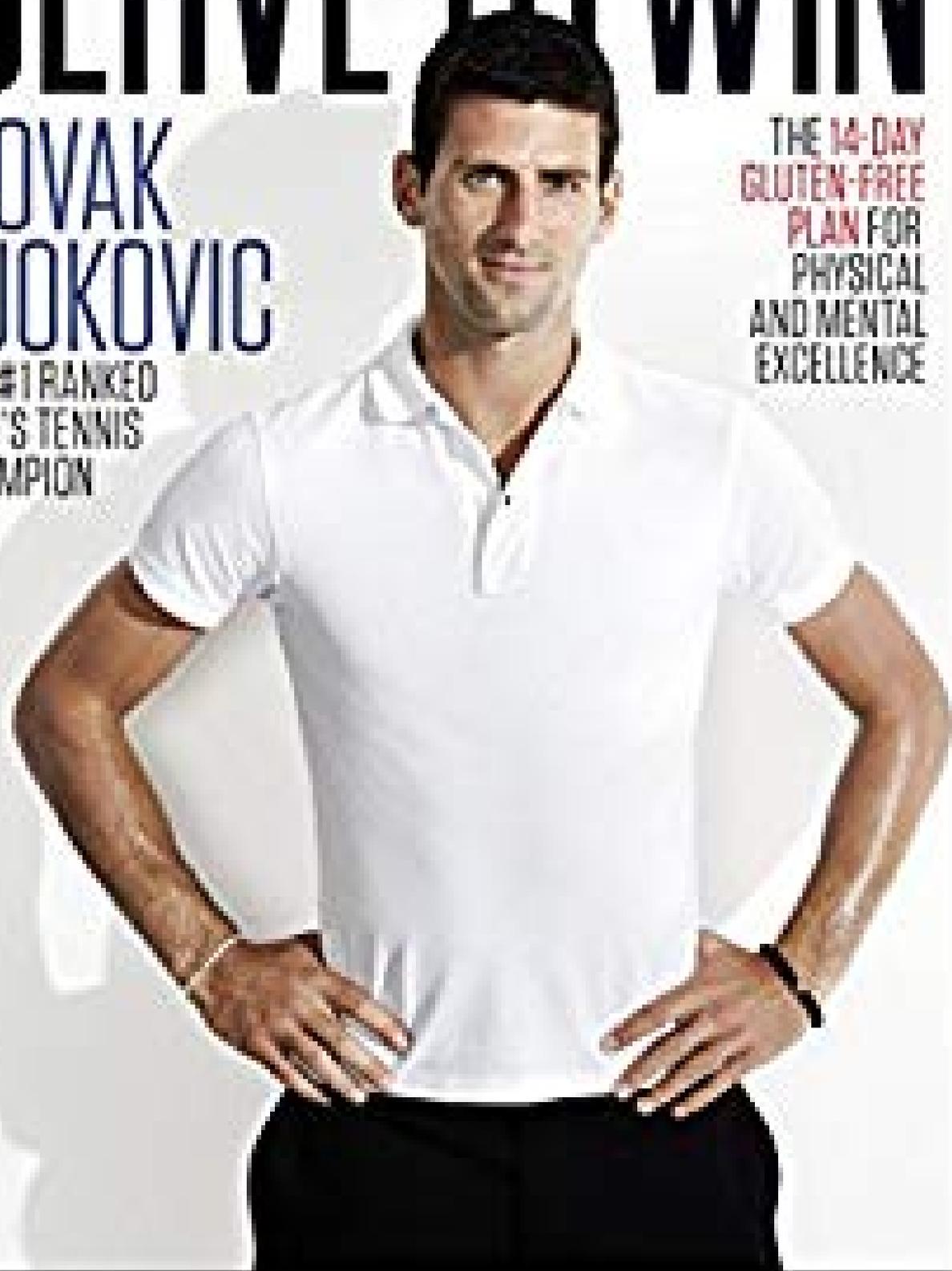
Foreword by William Davis, M.D., author of
the #1 *New York Times* bestseller *WHEAT BELLY*

SERVE TO WIN

NOVAK
DJOKOVIC

ATP #1 RANKED
MEN'S TENNIS
CHAMPION

THE 14-DAY
GLUTEN-FREE
PLAN FOR
PHYSICAL
AND MENTAL
EXCELLENCE



Novak Djokovic

Serve to Win: The 14-Day Gluten-Free Plan for Physical and Mental Excellence



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Novak Djokovic reveals the gluten-free diet and fitness plan that transformed his health and pushed him to the pinnacle. Getting rid of gluten will end up being well on your way to shedding extra weight and finding your way to a better you. The answer is astonishing: He changed what he ate. With every week menus, mindful eating suggestions for ideal digestion, and delicious, easy-to-prepare dishes, you't need to be a superstar athlete to start out living and feeling better. While Djokovic treasured and craved bread and pasta, and especially the pizza at his family's restaurant, his body simply couldn't procedure wheat. In 2011, Novak Djokovic had what sportswriters called the greatest one season ever by a professional tennis player: He earned ten titles, three Grand Slams, and forty-three consecutive fits. You don't produced him experience instantly better, lighter, clearer, and quicker. As he continuing to analyze and refine his diet plan, his health issues disappeared, extra pounds dropped apart, and his improved physical health insurance and mental focus allowed him to achieve his two childhood dreams: to win Wimbledon, also to become the #1 ranked tennis participant in the world. How did a new player once plagued by aches, breathing difficulties, and accidents on the court all of a sudden become the #1 rated tennis participant in the world? Today Djokovic has created a blueprint for remaking the body and your lifestyle in just fourteen days. Remarkably, significantly less than two years earlier, this champion could hardly total a tournament. Djokovic also offers tips for eliminating stress and basic exercises to get you reved up and shifting, the very same ones he does before every match. the protein within wheat In Serve to Win, Djokovic recounts how he survived the bombing of Belgrade, Serbia, increasing from a war-torn childhood to the top tier of his sport. With Serve to Get, a trimmer, stronger, healthier you is just two weeks away.



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The new frontier in tennis. Multidimensional convinced that will change tennis forever. Two Stars It seems to possess a good point but its a significant generic diet book sadly. Not only is Novak among the best players in the history of the game but as the book reveals he is a pioneer in his approach to all factors of the game. Due to a press bias I (and everyone else who gets their info from western press) was not aware of the entire tale of the tragedy of the Bosnian battle. If you're interested in gluten free, I'd recommend the go through. For someone who grew up with relatively little usage of free information on alternate approaches to wellness he provides certainly excelled and be a floor breaker into this exciting, relatively untapped field of self healing. The book is gripping for anybody with an inquiring, open brain. The Joker rocks !! It was really cool to learn a bit about him. It is not loaded with unnecessary medical jargon or unsubstantiated specifics. He doesn't state to be always a nutritionist or doctor. He just learnt to listen with an open brain and heart. I've carried out this therapy for 3 years now. It takes a special sort of person to end up being this aware, to walk the talk and not be considered a sheep who simply follows. I am simply amazed that it has taken this long for some one of his calibre to benefit from what provides been there all along. It's an excellent irony that as he attained financial success where he could spend the money for most expensive allopathic medical doctors opinions he found the answers free of charge. I am sure in ways Novak is appreciative of his hardships. Without them he would not have pushed to uncovered his full potential. We admire Novak for speaking away against the norm. It addresses therefore many levels of life that isn't typically generic and fearful. I simply wish he had discussed the need for fresh water. thanks a lot Novak for showing that sometimes western medicine has not all the answers to your illnesses. You need to always try filter tap water. Drinking water bottled in plastic contains harmful chemical compounds from the plastic. You need to try to only drink from glass bottled water. I am a 51 year old South African man (tennis nut) I am busy with an alternative treatment to cure cancers (Lymphoma) that is organic food based. Instead, it's a testament to the achievement that he's had with his gluten free diet. It's a gluten-free, dairy-free diet but not vegan, therefore i bought the book anyway. Great Read Among the best exercise and diet books I have ever go through. -Edward Teller Everything Novak writes about makes complete sense if you ask me. I am healthier and happier than I have ever been. I have been suffering form skin allergic reactions and every doctor that I proceeded to go, and every check they did, they cannot find the reason why of my allergies. After 24 months my bloods had been totally normal. Just what a life he has already established so far. Like Novak I learned to listen to my own body. How he became #1 in the 2011 ATP rankings, won Grand Slam tournaments, etc.. I simply took what functions for me personally. Claude Venter A fan of tennis and Novak Djokovic I'm a fan of tennis and the tennis participant Novak Djokovic however, not quite fan of his diet., after he transformed his diet because he found out about his mild sensitivity to tomatoes and wheat and dairy intolerance. In this book, together with his story and plenty of information regarding his diet and where in fact the gluten hides come topics as meditation, friendship, rest and training. Also, a thing that I desire to test it out for: foam rollers for a massage therapy. Five Stars Good book Five Stars My husband loves actually enjoyed this easy read I really, really liked this easy go through. It's an easy reading and as a enthusiast We'm pleased I purchased it. I get his tale quite interesting. I should have read the small print. "When you get to the end of all the light you find out, and it's time to step into the darkness of the unfamiliar, faith is knowing that one of two stuff shall happen: either you will be given something solid to stand on, or you will be taught how to fly. Great reserve, and as a previous tennis professional, truly inspirational. Ivan Lendl and Martina Navratilova were the types who brought fitness as part of the tennis professionalism in the past due 80's early 90's, which revolutionize the tennis globe, and Novak Djokovic may be the one who's bringing nutrition as part of not merely tennis profesionalisms but to the normal life.. I've no traces of cancer. for the past 4 weeks I have already been eating a gluten free diet programs and all my allergies, bloating, acid reflux, and permanent fatigue have died. Most tap water contains, chlorides and various other very harmful chemicals.

continue inspiring people around the world.. I play tennis and golfing frequently and found this publication inspiring and insightful. It had been really cool to learn a little . If you ask me this book is essential and relevant for many reasons.A a week sample of his diet plan and recipes produced by Chef Candice Kumai are explained in the book, but as he said "his diet is constantly evolving" so it can change any time. I noticed this on the shelf and have never heard of Novak before, but after scanning this book, I feel like I understand him because his tale is my story since it relates to too little optimal health and having to know why. I would want to gift this reserve to others because I believe those looking for solutions will reap the benefits of it. First was Ivan lendl with fitness and now is Novak Djokivic with proper nutrition, done well! This book reflects the personal lack of recognition to our own bodies, in fact it is so accurate, what he is stating about the intolerance to certain foods. I, mistakenly, idea that this book would be about Djodovic's success in tennis. It's called the Gerson therapy [. It's probably not a bad publication, just one that wasn't befitting me. I was under no circumstances aware of the down sides he and his family faced. It has a great stability of insight in to the miracle and simpleness of self recovery and a distinctive insight into professional tennis. Since reading, I've had food tolerance testing and believe this publication will completely transformation my approach to eating... The Joker is awesome! It really is clearly written. Therefore this book makes so much sense if you ask me. A true champion. good deal, good price, good product great deal, good price, good product



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