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The Complete Health Program!

**HARVEY & MARILYN
DIAMOND**

WALKER BOOKS



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Fit for Life II



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The Diamonds expand Fit forever and provide a complete health program that includes every area of life, including rest, stress reduction and relationships.



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The Original Publication is much better. Browse the original Fit FOREVER back in the 80's. BEST EATING PLAN I HAVE EVER FOUND! i have gone from 196 to only 138 lbs using this way of eating, from putting on 39 inches waistlines to 27 in .. Alot of fluff no dishes..Spoken from personal encounter along with hvg witnessed a business associate improve your health over an 18mth project.. If I could've with all this zero stars I'd have. My eating life style Bible!I swear because of it! Simple carbs from fruits are in absorbable form and provides the mandatory energy for the cleaning (waste mgmt) cycle each morning - when excretion greatest happen. literally! No joke!You will also be among those people whose skin, hair and nails are radiant.Zero bloating, no stomach issues, no acid reflux, no constipation, zero gassiness, no digestive complications. Waste of Money I read his initial Fit FOREVER book back the 90s and tried his recommended method of eating.This book came into my life via a dear friend more than a decade ago, in fact it is by far the book which has impacted my entire life the most.I've, am, and will continue steadily to recommend it to anyone who methods me complaining of any feeding on problems, or disorders. Rather - the goal is to maximise digestion and absorption and waste expelled in the shortest feasible time.EASILY could give it 100 stars, I'd; vegetables otoh, is best consumed at night to resource muscle tissue repair & Couldn't find my copy so when looking the reserve up, found this updated version and decided to purchase. Many years ago I followed this diet program and was very effective with slimming down. 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. Phase 2 - Absorption (8pm-4am); Also, I just got my labs back and for the first time since last using this course of action(15 yrs ago) my cholesterol panel is usually all normal! Great dietary guide Very informative on secure, clean eating Words to consume by This is precisely what I needed to get my diet plan and weight in order for life. Select the things in the program that you can do and continue adding even more as you are comfortable. You can have whatever you are feeling like consuming, there are no restrictions - AT ALL. I understand I have had great outcomes by following just as much as I could and each day getting I could do a bit more. vegetables to become eaten at lunch time - hence enabling the energy it generates to be utilized through the afternoon (rather than stored overnight). IT WORKS This is the only book that I have ever bought that I can follow and actually lose weight on. Nutrient absorption can be impaired, and meals would end up sitting in the digestive system longer than it will, exposing it to an increased incidence of putrefaction whenever it encounters sugary substances (desserts after meals is a poor idea). I brought this book when I was out of university (many moons ago) and lost weight. I was in fact losing so much pounds (plus working about 4 x's weekly). The more you perform, the more results you should have. I stayed at a size 8 for a long time. Maybe I need this in hardcover lol

This book is merely good solid COMMON SENSE. It worked well for me very well. IT WORKS! Five Stars His explanations about how exactly to combine foods has lessened my issues with gastroparesis.. Changed my entire life. Importantly, Diamond advocates that fruits be consumed on an empty stomach, greatest for breakfast in virtually any amount till pleased up till noon. Stage 1 - Consuming & Digestion (12noon-8pm); In the month I've used the diet program I've lost weight, feel more apparent headed and energetic. and Phase 3 - Excretion (4am-12noon). Don't waste your money! 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.. The principles in this publication are simple to follow. This plays a part in rapid putrefication - imagine foul odious sludge & Everyone should browse it..Those who have read and tried the suggested eating patterns in this book, have been grateful to attended across it.s Heller.The book theorises that the body undergoes 3 major phases of food processing through a 24hour day. The rationale here is in order to avoid diverting fresh energy from the prior night's great sleep to digesting a heavy meal, preferring rather to channel the obtainable energy to the day's morning pursuits.Check it out, and you'll become among these people whose sh*t won't stink; A logical deduction from here then is usually for carbs & I found it was best to completely read the book through before starting the plan, in this manner you will have understanding of for you to eat the method they state. Proteins & but alas, five is the most I could give, therefore i have. I really like 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.This overall eating formula aims to market digestive health along with aid effective weight loss - and it works! Caution though that what works for one might not work or end up being redundant for another. Hence pay attention to your own body.. Great then, great now I gave apart my original publication over a decade ago, and attempting to rekindle the great health and energy I had in the past, I bought this newer printing.We broke the poor thing down. If you would like information on food combing as a way of consuming, there are plenty of websites out now there that give you the same details, without all the nonsense and rambling, and it's free. Big mistake!RATHER than carbs as the common meals staple, theory advocates treating vegetables as the staple (common meals) to be studied together with proteins and then separately in a different meal with carbs. That one is kind of out in left field. I take advantage of this book using its recipes daily. easy to read and follow dishes. Was disappointed and also have gone ahead and ordered the initial. This is often a tough plan to follow initially, so as the reserve says take it a step at a time and don't make an effort to do everything it says on day time one. I was tired of the diets. recovery following the day's pursuits.. It's a gem for

me.. Some of the info and opinions are great and really should be taken with a grain of salt, but when I followed the dietary plan strictly, I lost 3 lbs a week without any effort (apart from eating a great deal of fruit and farm fresh vegetables). Due to which slows digestion, lengthening the time poorly digested food spends in the tummy. Principles can't be more unlike todays meals but which honored, brings great rewards 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 individuals who suffer frequent indigestion. provided the tattered someone to my husband and bought a second book :) this is my bible... like this book. When I stray with crap food. Wasn't as impactful as the initial book..I go right back and go through it again. Now nearly 30 years afterwards I'm at a size 12 and retired. gas seated in one's intestines, heading no where and the resulting emissions! Just good food combined properly for maximum effect. I am now ready again to become FIT FOREVER! Years later, I thought about it again and made a decision to purchase the book again, saw this version and thought I'd buy it instead. Try it Reminded me how great I feel when I eat this way Mistake I mistook this publication for Healthy for Life by Dr. The writer rambles on and on for most likely over 90% of the book about non-sense and virtually says his way of eating will cure cancer tumor. I was VERY disappointed in the purchase. This time I'm looking towards trying even more of the dishes and am psyched to revisit this great book. The writer categorizes food into 3 categories: 1) carbohydrate, 2) protein and 3) vegetables and advocates that food be consumed in compatible category combinations that could result in optimal digestion.. TL-DR Too many words



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