

HARVEY DIAMOND

Coauthor of the #1 New York Times Bestseller *Fit for Life*
Over 12 Million Copies Sold



FIT FOR LIFE **NOT FAT** FOR LIFE

Harvey Diamond

Fit for Life: Not Fat for Life



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There is only one concept to understand and only one thing to do: Eat even more living food than dead food. The simpleness of this message has eluded people up to now. This book offers not a diet plan, but a lifelong method of eating which allows the eating knowledge to stay a joyous one, rather than clinical endeavor of calculating portions, counting calories, calculating grams of extra fat, carbohydrates and protein, or ingesting food replacements. Truth be told, all that's needed is to reap the myriad benefits of Harvey Diamond's plan is to return to the basics of life. Due to previous frustrations and disappointments, people have come to believe that slimming down is complicated, tough and expensive. Our body is smart and able beyond anyone's comprehension, however in purchase to unleash this remarkable intelligence-including whatever normalizes body weight-the correct fuel is necessary. That gasoline is living meals. As readers embark on this life-changing journey, they will experience the surge of energy and well-being that only comes as the automated result of correctly fueling their bodies. Providing deliberate, mild and forgiving assistance every step of the way, this book can be readers' trusted resource and companion because they create a new way of consuming and living, that will result in both overweight and illness becoming conditions of days gone by. In reality, it may look oversimplified. It teaches visitors how exactly to eat any meals in the most healthful way so there is absolutely no feeling of deprivation. But also for some inexplicable reason, folks have allowed themselves to trust that they can give their bodies the wrong fuel and then own it operate at ideal efficiency. And that's the reason a lot of people become overweight.



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Essential Publication for Healthy Living I am half method through this book. 1 day, I just decided to do something positive about it and handle the problem for good..I highly recommend this book for everybody, especially anyone who has struggled with fat gain, deteriorating health with age or insufficient energy. I've struggled with these factors for several years. By applying a few of the concepts of healthy eating as proposed by Harvey Diamond in this book, I've already seen dramatic results in only under two week. This has been the best Diet I have ever been on and trust me This has been the very best Diet I've ever been on and trust me, I've tried practically every diet out there. I was struggling after that with low energy and recurring illness. I read that publication and used it. Cannot provide it my full blessings as still attempting recommendations. As time continued, I strayed.This is an updated book to the initial. I know it isn't fit-for-life alone, but also for sure the combination of eating more living food in an effective way and regular exercise is normally resulting in maximum benefit. But I actually enjoy that, because I think it is essential to get a full knowledge of why this technique works, and to find out about all of the misguidedness and misconceptions that are out there. I am actually enjoying this reserve, and I plan to recommend it to my close friends and anyone thinking about advice. Well, I'm twenty years older, and I'm determined to feel as good now as I did then. Now, each day I feel just a little better, a bit more nimble, a bit more energetic, just a little lighter, a little stronger, a little more positive, calmer, happier and looking forward to what the next day or week provides. I not merely lost fat, but my energy were very high. I was getting along great and losing about 1 pound every week. But I needed more. My issue is my hubby doesn't eat this healthful way and after a while, I get sick and tired of cooking two different meals for all of us so I simply make what he wants and eat like him which makes me pack on the excess weight. I lost 2 pounds that week. This week I added proper food merging, and dropped another 4 pounds. I saw a few of the negative evaluations, and I admit that Harvey does a lot of speaking and preaching before addressing the point.I honestly experience better each day. Before, my body was feeling gradual, heavy and lethargic. But forget about. Works I have been following this plan for a couple of months and I have noticed an boost in my energy during the mornings. I do give up after the first week, I wanted my pancakes with fruit on top, and regretted it in a hour, I felt extremely lethargic and finished up sleeping for over 12 hours. I believed it may be a fluke and acquired my pancakes with fruit the very next day again and experienced the same results. This is one of food combining and every time I did this diet, I lost a pound a time rather than felt hungry. I do believe that it took about a month for my own body to get use to the changes. It has changed my life for the better. I started looking around and remembered Fit forever, the original book, which I had read back 1993. Been on fat watchers, Jenny Craig, Atkins, nutrisystem, etc. etc. This is really a healthful way of eating. I returned to the plan and I feel wonderful. So, 14 days ago, I started eating only fruits each morning until noon. Will go back to following Fit For Life Not Fat For Life after the Holidays. Thankfully I've rediscovered my salvation.Five weeks hence I started operating again. Wii Diet I tried this diet for 3 weeks and gained 3 pounds did not work for me New method of eating for me. I am losing weight, I have even more energy, I am more focused, my digestive tract feels great and, along with it all, I have an enhanced feeling of well getting.but eventually I slipped back into my old ways.I am a former very long distance runner who stopped working 8 years ago, placed on 60 pounds of excess weight and gradually resigned myself to the fate of a middle-age man living on the Standard American Diet plan (SAD) and sedentary life style. It's not actually that hard and well worth the results,,,,better wellness! This book has changed my entire life I started reading this book in attempts to boost my health. My father recently died of a heart attack and I was beginning to develop heart problems as well. After

reading this book, it's been really inspirational and after just weekly of being on this program, I have noticed a tremendous difference in the manner I feel, my fat, and my general well being. Great publication, started slowly adding more "LIVE" foods into my diet and I lost 5lbs already. I will revisit this review after a few months. It has a lot of information that We didn't know. Within a few months I was within my ideal pounds with abundant energy and good health. Superb health advice through the true source of nutrition Mr.. Anyone who reads this publication and follows this program will feel like a fresh person. Everything in the reserve is practical. I used to apply the Fit forever lifestyle for many years & My fav My go to book for nutrition info Change your life for the better. A page turner Enjoyed this educational book. change your attitude about eating This way of eating, not a diet, saved my father's life. It's a terrific way to live. I won't need to lose fat but I've followed this the majority of my life. It works! Happy We've rediscovered this book! An excellent edition to one's Truth Library. I really believe in it. I already recommended it to friends! lost my method until I re-examine this. and was very happy with the results We followed Harvey Diamonds mixture diet back in the early nineties, and was very happy with the results. It will probably take six months or even more to measure progress. Diamond earned his tone of voice through hard work and study., and shares his knowledge enthusiastically and unselfishly. It's so simple, just check it out for a week.



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