

# FIT FOR LIFE



**A NEW BEGINNING**

**The Ultimate Diet and Health Plan**

**HARVEY DIAMOND**

*•1 New York Times  
Bestselling Co-Author of *Fit for Life**

*"Harvey Diamond...clearly reveals how we can take charge  
of our own health and prevent disease."*

*—DR. WAYNE DYER*

**• NEW UPDATED EDITION •  
AUTISM: INSPIRING HOPE THROUGH PRACTICAL APPROACHES**

Harvey Diamond

## Fit for Life: A New Beginning



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The Original Publication is much better. Everyone should read it. This book came into my life with a dear friend more than a decade ago, in fact it is by far the book that has impacted my life probably the most. Was disappointed and also have gone ahead and ordered the initial.. Wasn't as impactful because the original book. Changed my entire life.. It's a gem for me. I use this book with its recipes daily. This overall eating formula aims to market digestive health along with aid effective weight loss - and it works! Try it, and you'll become among these folks whose sh\*t won't stink; literally! No joke! You'll also be among those people whose skin, hair and fingernails are radiant. The book theorises that your body undergoes 3 main phases of food processing through a 24hour day. Waste of Money I read his initial Fit FOREVER book back the 90s and tried his recommended way of eating. Couldn't find my duplicate so when looking the publication up, saw this updated version and decided to purchase. I have, am, and will continue to recommend it to anyone who approaches me complaining of any taking in issues, or disorders. Anyone who has read and tried the recommended eating patterns in this book, have already been grateful to have come across it. This can be a tough intend to follow initially, so as the publication says consider it a step at the same time and don't make an effort to perform everything it claims on day one.. BEST EATING PLAN I'VE EVER FOUND! Many years ago We followed this eating plan and was very effective with slimming down. I purchased the newer edition since it had additional information that my older one did not and I am deploying it this time around for health factors. IT WORKS!. If I could give it 100 stars, I'd; Pick the things in the plan that can be done and continue adding more when you are comfortable. The more you do, the more results you should have. I know I've had great results by following just as much as I could and every day finding I could do a little more. I found it was best to completely read the book through prior to starting the plan, this way you will have understanding of for you to eat the direction they state. IT WORKS This is the only book that I have ever bought that I could follow and actually lose weight on. The principles in this book are easy to follow. I brought this reserve when I was out of college (many moons ago) and lost weight. I was actually losing so much fat (plus operating about 4 x's a week). You can have whatever you feel like eating, you can find no restrictions - AT ALL. I stayed at a size 8 for a long time. Now almost 30 years later I'm at a size 12 and retired. I am now ready once again to end up being FIT FOR LIFE! In the month I have used the eating plan I have lost weight, feel even more obvious headed and energetic. Five Stars His explanations about how exactly to mix foods has lessened my problems with gastroparesis. Principles can't be more unlike today's foods but which adhered to, brings great rewards for those with frequent indigestion Principles herein can't be more contrary to today's conventional meal but which, if adhered to, brings great rewards for those who suffer frequent indigestion. Spoken from personal experience along with hvg witnessed a business associate improve your health over an 18mth project. No bloating, no tummy issues, zero acid reflux disorder, no constipation, zero gassiness, no digestive problems. Phase 1 - Eating & Digestion (12noon-8pm); i've gone from 196 to as low as 138 lbs using this way of eating, from putting on 39 inch waistlines to 27 in .. For instance, it maintains that proteins and carbohydrates should never be consumed together as the enzymes secreted to digest the respective classes tended to cancel out each other's digestive powers, neutralising the acidity/ alkalinity of the enzymes. 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 would bring about optimal digestion. and Phase 3 - Excretion (4am-12noon). This contributes to fast putrefication - imagine foul odious sludge & Try it Reminded me how great I feel when I eat this way Mistake I mistook this reserve for Healthy for Life by Dr. Because of which slows digestion, lengthening the time poorly digested food spends

in the tummy. gas seated in one's intestines, going no where and the resulting emissions! Also, I simply got my labs back and for the very first time since last using this plan(15 yrs ago) my cholesterol panel is certainly all regular! Years later, I thought about it again and made a decision to purchase the book again, saw this edition and thought I'd buy it instead. RATHER than carbs as the common food staple, theory advocates treating vegetables because the staple (common food) to be studied collectively with proteins and separately in a different meal with carbs. Importantly, Gemstone advocates that fruits become consumed on an empty stomach, greatest for breakfast in virtually any amount till pleased up till noon. The explanation here is to avoid diverting new energy from the prior night's good 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 required energy for the cleansing (waste mgmt) cycle each morning - when excretion greatest take place. A logical deduction from here then is definitely for carbs & vegetables to be consumed at lunch - hence enabling the energy it generates to be used through the afternoon (instead of stored overnight). Proteins & vegetables otoh, is most beneficial consumed during the night to resource muscle repair & recovery after the day's pursuits. I swear because of it! Caution though that what works for one might not work or be redundant for another. Great then, great now I gave aside my original publication over a decade ago, and attempting to rekindle the great health and energy I had back then, I bought this more recent printing.. Hence listen to your own body. This one is sort of out in left field. I was VERY disappointed in the buy. Nutrient absorption can be impaired, and food would find yourself seated in the digestive tract longer than it will, exposing it to a higher incidence of putrefication whenever it encounters sugary substances (desserts after a meal is a poor idea).s Heller. Some of the info and opinions are great and should be studied with a grain of salt, but when I followed the diet strictly, I lost 3 lbs weekly without the effort (other than eating tons of fruit and farm fresh veggies). My eating way of life Bible! readable and follow recipes. Phase 2 - Absorption (8pm-4am); Great dietary guide Very informative on secure, 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. I was sick and tired of the diets. I really like this book so very much that I really like this book so very much that when We read it, then re-read it at the pool....We broke the indegent thing down...gave the tattered one to my husband and bought another book :) that is my bible. A lot of fluff and no recipes.. It proved helpful for me perfectly. When I stray with crap food. but alas, five may be the most I can give, and so I have..I go right back and go through it again. Probably I need this in hardcover lol This reserve is just good solid GOOD SENSE. Browse the original Fit For Life back in the 80's. Simply good food combined properly for maximum effect. like this reserve. Rather - the goal is to maximise digestion and absorption and waste material expelled in the shortest feasible period. Big mistake! The author rambles on and on for most likely over 90% of the book about non-sense and practically says his method of eating will treat cancer. This time around I'm looking forward to trying more of the recipes and am psyched to revisit this great reserve. If you would like information on meals combing as a way of eating, there are many websites out now there that give you the same information, without all the non-sense and rambling, and it's free. Don't waste your money! TL-DR Too many words EASILY could've given this zero stars I would have.



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