

<<健康生活2/Fit for Life >>

图书基本信息

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作者：Diamond, Harvey

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内容概要

"It is not only what you eat that makes the difference, but also of extreme importance is when you eat it and in what combinations," say Harvey and Marilyn Diamond, authors of this classic bestseller. Their program results in eating balanced, nutritious, high-fiber foods, making dieting "unnecessary and as obsolete as sealing wax." The Diamonds explain that body functions have a daily cycle: noon to 8 p.m.-- appropriation (eating and digestion); 8 p.m. to 4 a.m.--assimilation (absorption and use); 4 a.m. to noon--elimination (of body wastes and food debris). Fit for Life aims to return you to a lifestyle based on your natural body cycles. That means 70 percent of your diet should be "high-water-content foods"--fruits and vegetables--which facilitate all body functions. Consume nothing but fruit or fruit juice until noon, then eat salad and vegetables with every meal for the rest of the day. Two-thirds of the book is explanation and discussion; one-third is menu plans and recipes. You won't be hungry, your food choices will be healthy, and you'll lose weight without dieting. --Joan Price

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