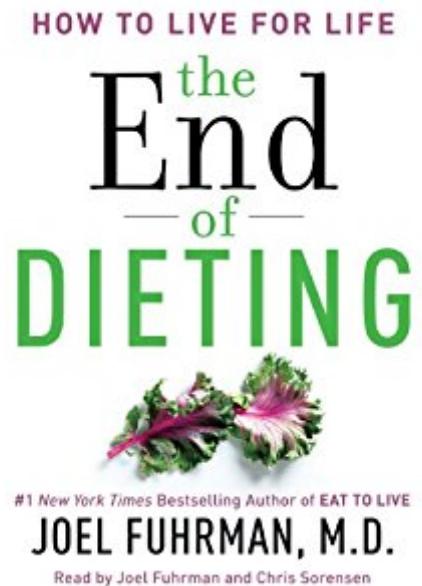


The book was found

The End Of Dieting: How To Live For Life



Synopsis

In The End of Dieting, Joel Fuhrman M.D., a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods, and #1 New York Times best-selling author of Eat to Live, Super Immunity and The End of Diabetes, delivers a powerful paradigm-shifting audiobook that shows us how and why we never need to diet again. Fuhrman says, "By reading this book, you will understand the key principles of the science of health, nutrition and weight loss. It will give you a simple and effective strategy to achieve - and maintain - an optimal weight without dieting for the rest of your life. This new approach will free you forever from a merry-go-round of diets and endless, tedious discussions about dieting strategies. This is the end of dieting."

Book Information

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Customer Reviews

I've read dozens of nutrition books, and Dr Joel Fuhrman has become far & away my most trusted source. Read ANY of his books! Superimmunity is still my favorite. This one is more focused on weight loss (including psychological aspects) and slightly less specifically about the diseases of affluence that kill most of us, but it is more of the same facts & same message to eat copious quantities of greens & other whole vegetables, ample berries, nuts, seeds, & legumes, little or no animal products (even lowering his limits in this newest book), moderate INTACT whole grains, no sweeteners (caloric nor artificial), little or no processed foods, and zero trans fats. It's not the macronutrients, but the micronutrients! In this latest book, I particularly liked his criticisms of other diets. He attacks the Atkins/Paleo crowd for too much animal protein and too few nuts, seeds, &

beans--just what I felt about Good Calories Bad Calories and The Calorie Myth--although the latter acknowledges Fuhrman and follows his lead in pushing for large amounts of phytonutrient-rich non-starchy vegetables. In fact, Fuhrman covered every one of my concerns with Jonathan Bailor's popular new (low carb high meat) book The Calorie Myth (which is still well worth reading AFTER Fuhrman). Bailor really pushes soy protein powders but here Fuhrman explains some concerns about protein powders (although not mentioning the hexane used in extraction). It may take 20+ years for the heightened levels of IGF-1 in Paleo dieters to surface as detectable cancer, but watch out! Fuhrman agrees with the low-carb concepts, but instead of falling into the meat trap, he incorporates low-carbs into a much broader health scenario (with protein from greens & beans).

This is the first hardcover book I've bought by Dr.F, when I read Eat to Live & Super Immunity, they were both on my iPhone. End of Dieting is BY FAR the best book ever written by Dr. Furhman. My single complaint is that I wish he wrote it twice as long. In the first 120 pages, it's a scientific tour de force. He absolutely exposes all of the diets, many of which I've been on, and connects their risks & dangers to experiences which are immediately relatable. I found in this pages diagnosis for incidents that have happened to me in the past, such as an extreme arrhythmia I suffered for 2 days with palpitations when I was heavily on an all-protein/ no carb diet while I was body building; I could have died. I can't believe it; the book has both inspired me and shaken me in my shoes because I feel so fortunate to have found this truth. I can't call it a diet anymore because it's not that. I'm proud to say, possibly for the first time here, I'm a 100% Committed Nutritarian! I've sorta shunned that label, using Vegan in public to get the point across in a single word to a waiter, and it worked like a charm while traveling on business. But inside, I'm much more than that. The new research he incorporates, even since Super Immunity, it simply overwhelming. In the chapter on G-Bombs, there are 76 References! 76! With many often having 2, 3 & 4 studies showing conclusive data so conclusive it's int eh title of the paper often; and most often published since 2010! The data that's coming out to support this is only outshone by the results I've seen. There was always a voice inside my head that said "One Day"... "One Day" you'll be thin and can eat a piece of cheesecake again... "One Day" you can enjoy free range meat...

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