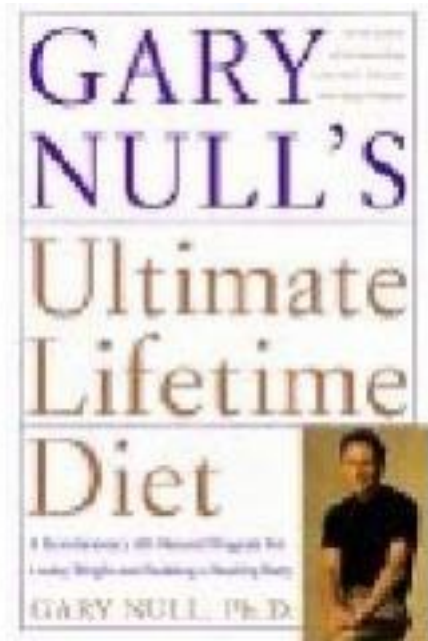


Gary Null's Ultimate Lifetime Diet: A Revolutionary All-Natural Program for Losing Weight and Building a Healthy Body



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Amazon.com "This book is designed to be a comprehensive, long-term fix to your weight problem," says Gary Null, author of over 50 books and a well-known manufacturer of vitamins and supplements. Gary Null's Ultimate Lifetime Diet presents an integrative approach combining diet, exercise, supplements, juicing, cleaning up your personal environment, and examining your life choices and values. First, Null offers an interesting discussion of obesity, the hormonal connection, eating disorders, and diets. Then he recommends a mostly vegetarian, long-term

dietary plan emphasizing low-glycemic, complex carbohydrates plus fish and juices, and avoiding "dead foods": meat, sugar, and processed carbohydrates. Null gives a 31-day meal plan with recipes. Breakfast might be Raspberry Oat-Soy-Banana Pancakes, Quinoa Mango Delight, or Carob Nut Milk Shake (made with soy milk). Lunch might be Cayenne Swordfish (with a spicy olive oil and tofu sauce), Gary's Vegiball Stew (made with vegetables, herbs, and seitan), or Popeye Loves Olive (can you guess?). Dinner recipes include Almond Chop Suey, Stir-Fried Tempeh with Broccoli and Lemon Threads, and many interesting pastas. Desserts are mostly a variety of puddings made with fruit and tofu. Besides the diet plan, Null describes his recommendations about exercise; juicing; vitamins, minerals, herbs, and amino acids; and techniques for handling chronic stress. He also presents a collection of inspiring success stories. --Joan Price From Publishers Weekly In Part One of his new book, talk-show host Null (Gary Null's Ultimate Anti-Aging Program) explains in lengthy detail what he considers to be the negative effects of many diets, including hormonal imbalances and eating disorders. Although some readers will find this amount of information helpful, others may become discouraged by the lengthy explanations and clinical terminology used. In Part Two, Null offers his solution, which combines behavior modification, "detoxifying" one's system with specific foods and liquids instead of dieting and pages of recipes that support a healthier lifestyle. The honest and realistic success stories in Part Three are likely to inspire the reader to take Null's advice. Ultimately, Null asks readers to analyze their relationship to food (whether eating masks depression and anxiety, for example). The extensive appendixes--profiling foods, chemicals and medical terms--are a very helpful reference. Readers already familiar with alternative medicine and/or holistic living will benefit from Null's vision, but, due to its size, the book may overwhelm those addressing their diet and weight issues alone or for the first time. One Spirit BOMC selection. Copyright 1999 Reed Business Information, Inc. See all Editorial Reviews

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