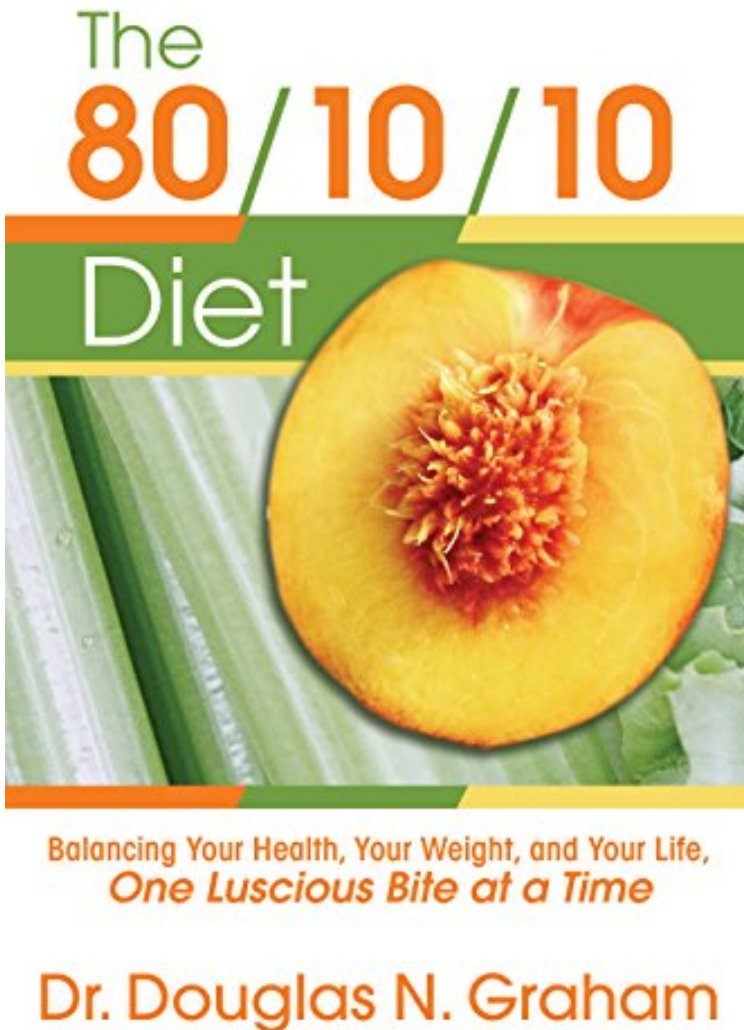


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# The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time (English Edition)



*Par Dr Douglas Graham*  
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## Description :

Prsentation de l'diteurThe 80/10/10 Diet is more popular than ever, and still gaining ground. If youve not yet read this groundbreaking book, youve got something exceptional to look forward to. Dr Graham teaches us the science behind making constructive dietary choices, and show us how to apply that science, and benefit from it, through the food on our plate. Properly researched and sources are cited and up-to-date no other text claiming to explain this lifestyle is as comprehensive.In The 80/10/10 Diet, he explains his philosophy of

health and happiness through healthful eating. In a book title contest, one aficionado of The 80/10/10 Diet suggested, *Because Nothing Else Works*. For four decades, Dr Douglas Graham has been teaching the world how to bounce back from dis-ease, accumulate health and live a vibrant life. This lifestyle and approach to diet can help everyone. Those that are sick and tired of being sick and tired and those that want a cleaner and purer way to nourish themselves to be the best version of themselves they can be. Thousands of people have put diabetes, heart disease, and cancer into their past, simply by following the basic tenets of The 80/10/10 Diet. Countless numbers of athletes from every sport have profoundly improved their performance using the program. Nearly a million people worldwide have lost unwanted weight, increased their mental abilities, and generally gained health on The 80/10/10 Diet. This book is so much more than a simple short-term weight loss program. The 80/10/10 Diet explains the way to eat healthfully for life in a way that will keep you happy and healthy. How do you know if you are ready to read The 80/10/10 Diet? ~If you want to feel better about yourself than you have in years ~If you finally want to go on a program that totally satisfies and eliminates all cravings ~If you want to learn how to eat sustainably as a vegan ~If you desire more mental clarity than you've ever had ~If you want to be the best athlete you possibly can be ~If you are ready to lose weight healthfully, and keep it off ~If you are ready to reduce your sleep requirements while feeling more energetic ~If you want to improve your vitality ~If you want to put an end to your food addictions ~If you think feeling and looking younger is for you ~If you are the leader, the health nut, or the athlete in your family ~If you are ready to improve your relationship with your food ~If you are ready to claim or regain your birthright of health Every zoologist knows that each species eats according to its own unique anatomy and physiology, and that humans are no different in this regard. The 80/10/10 Diet explains the diet that is specifically formulated for the human species, and why such a food program works so well for us. See how thousands of people have regained their health, and their enthusiasm for life, simply by modifying their diet. Included within the text is a 28-day menu to get you started. We've covered all four seasons so you always have an idea of what to buy and eat while maintaining a varied, whole, fresh plant based diet. We've also included a FAQ section that will answer your lingering questions and testimonials from those whose lives have been changed for the better in so many astonishing ways. Including links to our free online forum for on-going support if needed. Isn't it time that you did a food experiment, and tried The 80/10/10 Diet? Presentation de l'auteur The 80/10/10 Diet is more popular than ever, and still gaining ground. If you've not yet read this groundbreaking book, you've got something exceptional to look forward to. 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