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FIT FOR LIFE



Harvey and Marilyn Diamond

WITH A FOREWORD BY EDWARD TAUB, M.D.

"You feel so good...so much energy and *absolutely no deprivation*. It makes losing weight a pleasure."
— Merv Griffin

LOWFAT RECIPES



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**Summary of "Fit for Life" by
Harvey Diamond**

Revolutionize your diet and
transform your life forever!

Written by Bookey



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Example ▶

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You must use your mind to get things off your mind.
- Getting Things Done

About the book

Are you tired of diets that leave you feeling deprived and unsatisfied? Look no further than "Fit for Life" by Harvey Diamond, a revolutionary book that challenges conventional thinking about nutrition and empowers readers to take control of their health. In this groundbreaking work, Diamond presents the core idea that when we align our eating habits with the laws of nature, we not only shed excess weight but also experience improved vitality and overall well-being. With his engaging writing style and wealth of knowledge, Diamond encourages readers to embark on a journey towards a vibrant and energized life.

About the author

Harvey Diamond, an American self-help author, is best known for his groundbreaking book *Fit for Life*, co-authored with his late wife Marilyn. Diamond's journey into the realm of health advocacy began when he experienced a life-changing spiritual awakening during the mid-1970s, leading him to adopt a plant-based lifestyle and passionately advocate for the benefits of natural foods. His book *Fit for Life*, originally published in 1985, became a global phenomenon, offering readers a comprehensive guide to achieving optimum health, weight loss, and vitality by adhering to the principles of proper food combining. Through his work, Diamond has inspired millions to make positive changes in their eating habits and overall well-being, leaving an indelible impact on the world of holistic health.

Chapter 1: Overview

Hi, Welcome to Bookey! Today we will unlock the book *Fit for Life* by Harvey Diamond.

The alarm goes off, jolting you awake. Groggy and still half-asleep, you stumble out of bed and into the shower. As you start your morning routine, your mind races with the never-ending to-do list awaiting your attention. The hustle and bustle of life has a numbing effect on your senses as you rush through breakfast, barely giving any thought to the food you consume.

You grab a coffee and a bagel on the way to work, barely taking a moment to taste the flavors, let alone reflect on the impact these choices might have on your overall well-being. Throughout the day, you find yourself snacking on processed snacks and sugary drinks, feeling a temporary surge of energy followed by an inevitable crash.

After a long and exhausting day, you come home and collapse on the couch, feeling drained and

disconnected from your body. The thought of cooking a nutritious meal seems overwhelming, so instead, you opt for takeout yet again, promising yourself that tomorrow will be different. But as the days turn into weeks and months, that promise fades into the background, buried beneath the demands of life.

If this scenario resonates with you, then *Fit for Life* by Harvey Diamond is the book you need to read. In a society where convenience takes precedence over well-being and fast food is the norm, this book is a wake-up call to reclaim your health and reignite your relationship with food.

Diamond's groundbreaking work challenges the conventional wisdom surrounding nutrition and offers a fresh perspective on how to achieve optimal wellness. *Fit for Life* introduces the concept of food combining, a practice rooted in the understanding of digestive chemistry. By strategically pairing foods based on their compatibility and digestibility, Diamond argues

that one can unlock a myriad of health benefits.

Throughout the book, Diamond provides real-life examples and detailed case studies of individuals who have transformed their lives through implementing the principles of food combining. From weight loss success stories to improved digestion and enhanced energy levels, these accounts serve as a testament to the transformative power of this dietary approach.

Take Nancy, a busy working mother who used to struggle with constant fatigue and digestive issues. By adopting the principles of food combining outlined in *Fit for Life*, Nancy was able to eliminate her reliance on coffee and antacids, shedding excess weight in the process. With newfound energy and vitality, Nancy felt like a completely different person, setting an example for her children who also benefited from the changes she made.

Fit for Life goes beyond just food combining; it

delves into the importance of exercise, hydration, and the mind-body connection when it comes to achieving overall wellness. Diamond's comprehensive guide breaks down complex topics into easy-to-understand language, providing a roadmap for readers to follow on their journey towards a healthier and more balanced life.

So, if you find yourself caught in the never-ending cycle of convenience foods and a lackluster lifestyle, it's time to break free and embark on a transformative journey. Dust off your blender, stock your kitchen with fresh, whole ingredients, and get ready to experience a profound shift in your physical and mental well-being.

In the following full summary of *Fit for Life*, we will delve deeper into Harvey Diamond's groundbreaking insights, exploring the key principles of food combining and the impact it can have on your health. Stay tuned, as the secrets to vibrant energy, weight management, and overall vitality are about to be unveiled.

We will now examine the three most significant key concepts discussed in this book.

1. The key to optimal health and vitality lies in aligning our eating habits with the natural laws of the human body.

2. Eating a combination of raw, unprocessed foods and understanding the proper food combining principles can improve digestion and overall well-being.

3. Regular exercise, along with mindful eating, is essential for maintaining a healthy weight and achieving optimal physical and mental health.

Chapter 2: The key to optimal health and vitality lies in aligning our eating habits with the natural laws of the human body.

He provides a comprehensive list of the best foods for our bodies and explains their nutritional benefits. For example, he emphasizes the importance of consuming a variety of fresh fruits and vegetables, as they are rich in vitamins, minerals, and antioxidants that help boost our immune systems and protect against diseases.

Diamond also emphasizes the benefits of incorporating sprouts and greens into our diets. Sprouts are a nutritional powerhouse, packed with enzymes, vitamins, and minerals. They are easy to digest and provide a burst of energy. Greens, on the other hand, are a great source of chlorophyll, which helps detoxify our bodies and promote optimal health.

To further support his argument, Diamond

provides numerous examples of how people have successfully improved their health by adopting a plant-based, raw food diet. He shares stories of individuals who have overcome chronic diseases such as diabetes, heart disease, and obesity by making simple changes to their eating habits. These success stories serve as inspiring examples of the power of aligning our diets with the natural laws of our bodies.

In addition to discussing the benefits of a plant-based diet, Diamond also highlights the importance of proper food combining. He explains that different types of foods require different digestive enzymes, and when we combine foods improperly, it can lead to digestive issues such as gas, bloating, and indigestion. By following the principles of food combining, such as eating fruits alone and avoiding combining proteins with starches, we can enhance digestion and prevent discomfort.

Diamond further elaborates on the detrimental

effects of consuming animal products. He explains that meat and dairy products are often filled with hormones, antibiotics, and other harmful substances that can lead to health problems. He argues that our bodies are not designed to digest and process these animal-based foods efficiently, leading to issues such as high cholesterol, obesity, and heart disease.

To support his claims, Diamond cites various scientific studies and research that demonstrate the health benefits of a plant-based diet. He provides evidence showing that individuals who consume predominantly plant-based diets have lower rates of chronic diseases, such as cancer and diabetes, and tend to live longer, healthier lives.

Throughout the book, Diamond emphasizes the importance of listening to our bodies and being mindful of how different foods make us feel. He encourages readers to pay attention to their energy levels, digestion, and overall well-being

after consuming different types of foods. By doing so, we can identify which foods nourish and energize us, and which ones may be causing harm.

In conclusion, "Fit for Life" by Harvey Diamond emphasizes the importance of aligning our eating habits with the natural laws of the human body. He argues that a predominantly raw, plant-based diet is the key to optimal health and vitality. Through detailed explanations of the digestive process, the benefits of different types of foods, and numerous success stories, Diamond provides a compelling case for adopting a plant-based diet. By following his guidelines and being mindful of our bodies' responses to different foods, we can improve our digestion, energy levels, and overall well-being.



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