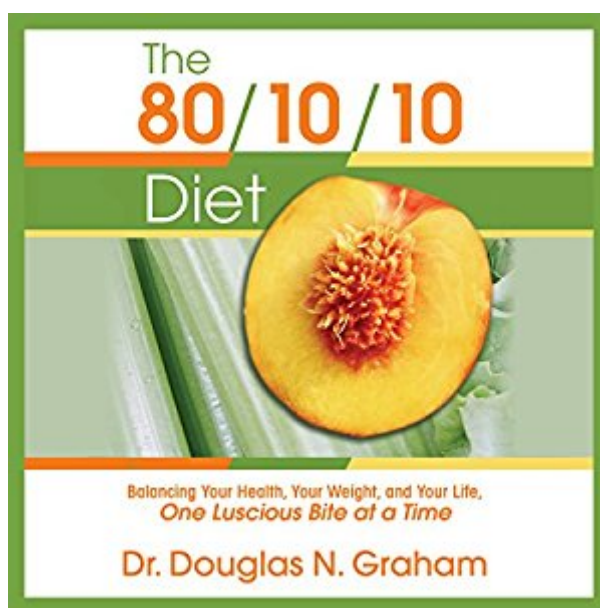


The book was found

The 80/10/10 Diet: Balancing Your Health, Your Weight, And Your Life One Luscious Bite At A Time



Synopsis

After more than 5 years of intensive work the definitive guide to the 80/10/10 Diet is here! Get your hands on the latest audiobook by Dr. Douglas Graham, *The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time*. If you have struggled with staying raw, would like to lose weight, or change your life for the better, look no further than this groundbreaking audiobook.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 4 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dr. Douglas N Graham

Audible.com Release Date: December 10, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00H7TVKSS

Best Sellers Rank: #60 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits
#112 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #230
in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

I have begun to adopt the raw fruit and vegetable based diet promoted in the book and I am loving it. I will admit that going from cooked meals to completely raw meals is a transition and the idea eating raw fruits and vegetables for meals takes getting used to, but once you start experiencing how great you feel after raw low fat vegan meals you'll be excited to try to eat more raw meals. The promised weight loss is occurring, slowly and steadily, and after 4 weeks of eating mostly raw (and eating as much as I want) I have lost a half an inch to an inch in my measurements. I'm not overweight though, just seeking to be a lean healthy athlete, so weight loss is not my major motive here, but it is great that I can eat as much low fat fruits and vegetables as I care for and still lose inches. Just to note; I do not workout loads, 4-5 days a week, for 15-20mins w/some resistance training thrown in a couple times a week, but I am consistent, rarely miss a workout and I workout with intensity; sweaty, breathing hard, heart rate up, ect...

I really enjoyed this book. The author is passionate about his subject & his message & it comes through clear & readable. It explains that being a vegan is not necessarily healthy if you are a junk vegan & equips you with sufficient material & motivation to inspire you to endeavor to be a healthy vegan. It really convinced me of the principle of the 80/10/10 way of eating & this book out of the many I have read really inspired me to pursue an 80/10/10 approach which I have endeavored to pursue since. I have noticed much improvement in my health & weight since eating this way & feel & look better. I recommend this to anyone who is serious about eating in a really healthy way.

I have tried many diets and exercise programs. I have had very limited success dieting, and the low-carb diets made me sick. I have a bad knee and lower back issues from an old industrial accident... so vigorous exercise is not in the cards for me! I followed the advice in this book and went on the 80/10/10 diet for a little over 4-months.. and I lost 75lbs! I have never felt better in my life! I will admit that the diet takes a lot of discipline and will power! After blowing past my goal weight (by 20 lbs!) I went off the diet and settled on a vegetarian diet. Over about 6-months I have gained back 40 lbs... so I am going back on the diet!

Raw foodist? This book will further solidify our raw culinary truths -no, not through analogy; rather, by biological & enzymatic fact (no enzymes for a specific food? We're not made to eat it). In Physician Assistant school, we were taught that 95% of ALL disease begins with what we consume. Consider that % as you read this book. If you're tired of being ill, fat, depressed and sleep deprived, do yourself one last favor? Read this book a few pages a day and make changes as you come across them in 80.10.10.

Revolutionary, and brilliantly insightful... unlike any other book I've ever read! I have tried reading a number of books about eating a raw food diet, and as a skeptical reader this is the first one I can take seriously. I have experimented with the raw food diet in the past, and like so many other people, eventually failed with it. Now I understand why! I am incredibly glad I read this book. Especially in the context of the movie FORKS OVER KNIVES, which is the best work (book or movie) I have ever seen on nutrition, that was intended for the general public. Even if you are specifically interested in the raw food diet, I still would strongly recommend watching that movie first. It will put everything in context for you when you read this book afterwards. Or even if you don't! Seriously, check it out: Forks Over Knives. It changed my life, and the lives of many people I love, and even the lives of strangers I told about it. It could save your health. Now, back to the book at

hand...I am so grateful to Dr. Graham for writing this book; it really is a gift to the world. Although I don't eat 100% raw all the time, I do typically eat all-raw throughout the day until dinner, now that I understand how to do it the right way (and believe me, there is a wrong way too). And most importantly, I do it without difficulty - something I was never able to do in the past. It definitely takes some experimenting. (For example, a meal of only apples is not something I recommend, but a meal of just oranges, or just grapes, works marvelously! That's something I had to learn on my own. But I digress.) As I said, I haven't started eating 100% raw, and I don't necessarily agree 100% with everything Dr. Graham says, reading The 80/10/10 Diet has dramatically changed the way I understand food, nutrition, health, and our biological role as humans in the ecosystem. Check it out! (But watch Forks Over Knives first!)PS Thanks, Dr. Graham!

I really like this book. I managed to try this diet for about a month after doing over a year of high fat raw food diet. The vitality I felt has never quite been matched as when I followed this diet, the problem is I find it impractical and impossible in my lifestyle, it saves me stress and social life to simply conform to the standard, while making the healthiest choices within said range. It's great how he includes meal plans to follow and get you started. Pretty much taking you by the hand. I'm not sure how much real science there is to back this, perhaps because no one in the government is interested in funding crazy fruit lovers. It is mostly his own theories and personal anecdotes.

This diet is a five out of five. I have lost 20 lbs in a month. Amazing! I do workout 4 days a week on average though. That definitely attributes but changing my diet has improved my sleeping patterns and energy patterns. The only disadvantage to this book is there is not compact section that just explains it in simple terms. You really have to read through it. The diet plans in the back are helpful and vary by season which is cool. Before I received the book my doctors recommended. Instead of binging on chips and cakes I binge on fruit and still lose even when going over three thousand calories. Thanks, Dr. Graham.

[Download to continue reading...](#)

The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time
Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)
Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)
DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50

Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans (Volume 73) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss (paleo books, Paleo Diet, Paleo Diet ...

diet, living paleo for dummies Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)