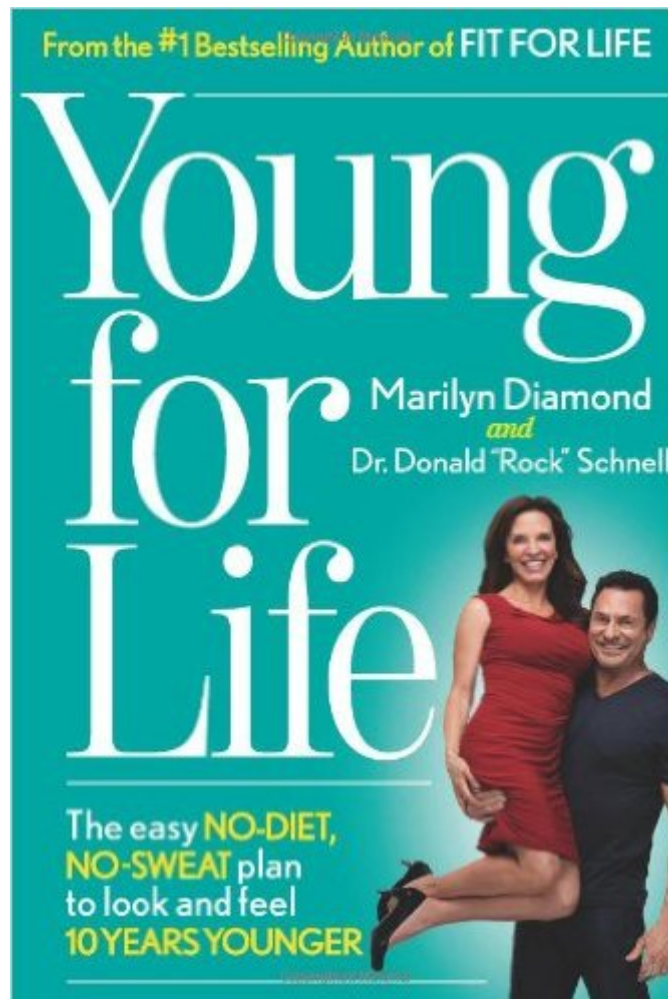


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Young For Life: The Easy No-Diet, No-Sweat Plan To Look And Feel 10 Years Younger



Synopsis

One hundred and seventy millions Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing accelerated aging, Marilyn Diamond and Dr. Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. *Young for Life* begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging- Convenience exercise-6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere- Disease-prevention-fighting nutrient deficiency with micronutrient supplements

Book Information

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Customer Reviews

I gave it three stars, because I liked some of it, but it was not as balanced of an approach as I was hoping for, and there are parts of it I feel are a bit extreme. I was anxious to receive this book and get the latest word is from someone who has been at the forefront of the health/fitness movement and has had years of personal experience. I read *Fit For Life* nearly 20 years ago and while the principles seemed sound (no other species consumes milk after it is weaned, increase fruit/veg/grains, diet/lifestyle as a means to stay healthy rather than damaging your body and turning to medication to survive) I did struggle with its complete denigration of the dairy, meat and medical

industries. I found it difficult to adhere to strictly for a long period of time and felt like a "failure" if I went off it even momentarily and had a piece of pizza or apple pie. I was a vegetarian or near vegetarian for a while and ended up with Chronic Fatigue, Fibromyalgia and a weakened immune system. My doctor told me to eat protein and meat, which immediately took away my brain fog and made me feel much stronger! I gave up on vegetarianism/heavy fruit consumption and went back to my SAD (Standard American Diet), trying to do regular exercise and cut portions, and emphasize better quality food. That seemed to work best for me, rather than combining at every meal or eating only fruit in the morning. Later, I liked Marilyn's relaxed approach in Fitonics, and felt it was a more balanced way to look at diet, although I can see how it was tough for some people to follow because it was not a stringent, step-by-step directive. I received this book two days ago and have read all of it.

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