



Beyond Diet: Stop Counting Calories, Start Eating Well and Start Living

Isabel De Los Rios

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Does the world need another diet book? When I asked myself this question, I knew the answer clearly: No. People don't need another diet book; they need to change their lifestyles. They don't need to be told how and why to go on a diet; they need to learn how to change their eating habits and their thinking for life. With all the diet books out there, why are so many Americans still overweight and in poor health? Unfortunately, the media bombards us with so much information daily that most people don't know what to believe. I've often heard from clients, "I just don't know what to eat anymore." With this manual, my goal is to clarify what true nutrition is and which foods you should eat- not only to achieve an ideal weight but also to avoid the conditions that are all too common in this country today, such as high cholesterol, diabetes, and heart disease. Am I just another nutritionist putting out just another nutrition program? I assure you that I am not. My quest for answers about optimum nutrition began 15 years ago. Since then, I have made it my life's work to study everything I could possibly get my hands on related to nutrition, exercise, and optimum health and weight. This means that I've studied the good and the bad. This manual contains the best information that I've found, culled from some of the most respected doctors and nutritionists who share a similar passion for nutrition. Like most Americans, I had tried every diet out there and had been unsuccessful in the long term. Only after I recognized and accepted the principles taught in this manual was I able to achieve the optimum weight and health that I enjoy today. How I nourish my body affects all aspects of my life and my outlook on it. How do I feel when I wake up in the morning? GREAT! How do I feel when I get in front of a crowd and give a lecture? Great! I know that feeling has everything to do with how I take care of my body and my health-and you can feel good, too!

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