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The Guerrilla Diet & Lifestyle Program: From Evolution To Health Revolution



Synopsis

Based on the author's personal journey in search of the ideal diet for human consumption following her suffering from cancer, weight issues, eating disorders and raising her two mentally challenged daughters with epilepsy which led her to study for three university degrees in the fields of medicine, nutrition, biochemistry, immunology and human behavioral science as well as countless diplomas in alternative medicine and therapies. The Guerrilla Diet and Lifestyle Program is based on her research, unbiased facts and over 20 years of clinical experience in search of the healthiest diet for human consumption. This book holds the secret to the ideal diet for humans which the food industry has been trying to hide from us. In fact, this diet is not really a diet, but rather a total lifestyle program backed by solid scientific evidence from many different scientific fields combined, including genetics, evolutionary science, anthropology, zoology, medicine, and nutritional sciences. This book holds the knowledge and step by step guidelines to apply the ideal diet for human consumption along with precise lifestyle habit changing plans to support you on your path to optimal health, vitality, and longevity. Kirkus review: "A diet and lifestyle guide based on evolutionary science...At the age of 16, Goldfarb (The 6 Principle Strategy for Creating a Successful & Happy Life, 2015, etc.) became obsessed with finding the perfect diet. At the time, she struggled with eating disorders, and as an adult, she faced two bouts of cancer. She now has multiple degrees in nutrition and medical science, and here, she analyzes the similarities between humans and gorillas to explore the diet that restored her health. She divides the guide into two sections: the first traces evolutionary evidence of why her diet works, and the second outlines the lifestyle itself.

Anthropology buffs will be impressed with the depth of Goldfarb's supporting research, which makes up two-thirds of the book. Epigenetics—the study of how genes are expressed, based upon external or environmental factors—provides the basis for her theory for the ideal human diet. Gorillas have much in common with humans, she says, but the foods they consume stand in contrast to the typical Western diet. In captivity, gorillas who were fed processed foods suffered from obesity, heart disease, high cholesterol, and sugar addiction; after returning to their natural high-fiber, low-protein, and low-fat diet, the animals thrived. Similarly, she says, humans would benefit from a return to the food that led them to succeed as a species. Goldfarb provides examples of the consequences of eating too much animal protein, dairy, and processed foods, which may scare any burger-loving American reader straight. Taking on a natural, mostly plant-based diet, she says, helps people break free from disease and general malaise. For readers who aren't convinced, Goldfarb provides evidence that leading an unhealthy lifestyle can predispose one's children to disease and early death. The description of the

Guerrilla/Gorilla Diet is dissimilar to those of other diets in that it provides intricate scientific and historic explanations. Such comprehensiveness may almost be too dense for casual readers, but even those seeking a new route to better health will find detailed 12-week and 30-day plans to follow as well as a bounty of food charts. A highly scientific, impressively researched map to better health through a plant-based diet.

Book Information

File Size: 11685 KB

Print Length: 328 pages

Publisher: Predicted Achievement (November 24, 2015)

Publication Date: November 24, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B018J24K6K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #42,489 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2

in Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Nutrition #36 in Books > Medical Books > Nursing > Medical Nutrition #122 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

Having spent days in search of valuable working advice on dieting, I consider myself fortunate enough to come across "The Guerrilla Diet & Lifestyle Program: From Evolution To Health Revolution." The book is full of scientific research and entirely new approaches to the problems of dieting and lifestyle improvement, as well as totally new views on the existing methods. The fascinating research of gorillas vs. humans facts prepares the fertile ground for the seeds of further understanding of the 12 Week Guerrilla Diet and Lifestyle Program. The author gives a profound and very structured examination of the core reason for the different problems we encounter in search of improving our lives and health. The narrative of the book is very clear and easy to understand. With scientific research backgrounds, visual aids, tables of

comparison, charts, statistics, season food guides, this book represents a true and genuine guideline for everybody. The author also reveals the principles of healthy sleep and its connection to the quality of our lives along with really valuable and useful sleep recommendations. I became completely absorbed with the thorough and careful analysis on human health in ancient and modern times. How to leave the comfort zone and overcome our inborn fears of changes, how to make our lives better and worthy, how to develop a positive life attitude - these and many other aspects will become distinct and coherent to you. The book title indeed sounds like a battle cry to me, but with strategy and tactics from its pages, I know I can win this battle!

I have had a love hate relationship with dieting my entire life. I know for a fact that I am done with fad diets because they either don't work or make me feel very strange. I was looking for a scientifically-based diet and total lifestyle change when I came across Galit Goldfarb's "The Guerilla/Gorilla Diet & Lifestyle Program". This is someone who spent years studying and learning about nutrition and who also devotes the first half of her book to scientific evidence to back up her claims. Frankly, many of the diet recommendations were things that I had always suspected to be true or ones that just make complete sense once put into context. All very clearly explained and this is something that I am now implementing in my life. Definitely recommend this one.

I think the Guerrilla/Gorilla diet is such an awesome idea! Enough of that paleo stuff. Galit Goldfarb does a great job of describing the science behind the diet and lifestyle and why it can be beneficial for people. She goes into detail about every aspect and exactly how you can make the necessary lifestyle changes to succeed with the diet and become healthier. She actually cites her sources in the book too so you don't have to take her word for it about the scientific support for the diet. The Guerrilla/Gorilla diet is definitely something I'm looking forward to trying out.

Goldfarb's tireless research, university study and personal motivation really made this a good read for me: I feel a lot of trust in her through following her journey to the present. Her studies into 'Why Dieting Doesn't Work', I think, was some of the best advice I have ever read- it was insightful, researched and supported. A definite recommend.

In the 21st century there has been a rise in illnesses and diseases from Alzheimer's and diabetes to autism. Have you ever wondered why this is so? Galit

Goldfarb gives us a clue in *The Guerrilla Diet & Lifestyle Program: Wage War on Weight and Learn to Thrive in the Modern Jungle*. Galit shows us that, due to our eating and lifestyle habits, diseases are affecting us. Yes, we are living longer, but our quality of life is being quickly eroded. Now the question is this: is knowing that you can live longer but be unhealthy worth it? I say not. To help bring the point home, Galit provides a diet and lifestyle comparison to that of a gorilla. Why a gorilla? Galit believes that gorillas are similar to humans from the skeletal frame, body characteristics, family structure, brain, and human reproduction to cognitive behavior, and that we can learn a lot from this comparison. The *Guerrilla Diet & Lifestyle Program* is power-packed with researched information to help you better understand and learn how the foods that you eat and how living a sedentary lifestyle affect your well being. Galit offers a 30-day Diet and Lifestyle Program that can benefit you in living a healthier and well-balanced life. Reading *The Guerrilla Diet & Lifestyle Program* by Galit Goldfarb was great for me. I had begun to adopt a more vegan and Mediterranean diet. For me, this is not merely a diet in the sense of starting something and then stopping once I have reached my weight goal. Instead, it is a way of eating for the rest of my life. Food does affect us in many ways and we suffer without a balanced lifestyle. Health issues cause rising health care costs due to medications, hospitalization, and surgery. Don't wait for a health scare to make a diet and lifestyle change. Do it now.

The play on words and then the idea of this diet intrigued me enough that I bought this book. With the holiday season fast approaching, weight gain is always a given. This year I wanted to be a step ahead and have a plan in place instead of fretting over weight gain. This book is well written, factual and contains diet advice that I have not read elsewhere. I am going to start this diet plan tomorrow and have high hopes for success.

This unique book will assist you in developing a diet/lifestyle plan that is based on scientific research. This information is very much needed in today's busy world, and the presentation of this book makes it easy to implement these strategies in your daily life. Full of wisdom we can all benefit from. Highly recommended!

I am learning so much from Galit and her teachings, I found her work when I was in NYC, and loved the clarity and accessible language she uses to communicate an otherwise challenging topic! I am definitely inspired to continue in my journeys of learning about self-care and self-empowerment after reading this book.

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