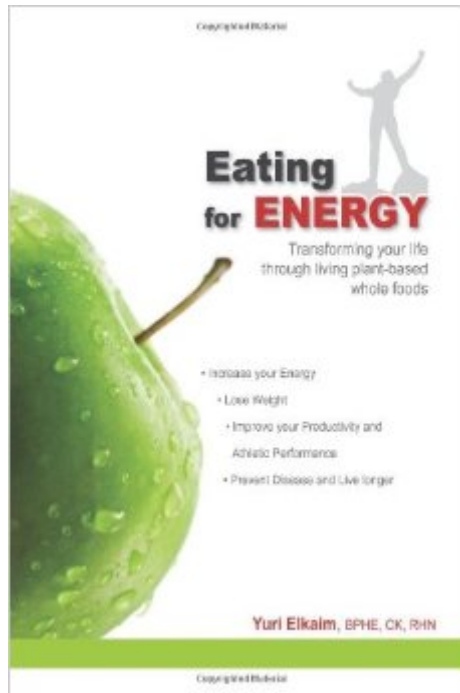


The book was found

Eating For Energy: Transforming Your Life Through Living Plant-Based Whole Foods



Synopsis

Learn the Astonishing Nutritional Truths That You'll Never Hear From the Medical Establishment, Dietitians, or Even Your Doctor. Thousands of Years of Real Life Proof, and Nature's Secrets to Abundant Health, Revealed for the First Time!

Book Information

Paperback: 332 pages

Publisher: lulu.com; 1 edition (April 10, 2008)

Language: English

ISBN-10: 1435710967

ISBN-13: 978-1435710962

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #501,642 in Books (See Top 100 in Books) #126 inÂ Books > Cookbooks,

Food & Wine > Special Diet > Whole Foods #58391 inÂ Books > Health, Fitness & Dieting

Customer Reviews

It is common knowledge that illness and obesity are plaguing North America in frightening degrees. We know it must be related to foods we are ingesting, but with so much conflicting information on the market, usually tainted by self-serving advertisers, it can be difficult to choose a diet that is truly wholesome and beneficial to our health. Yuri Elkaim's Eating for Energy provides some encouraging information about a "back to basics" approach to eating that just may save lives. As an athlete, Elkaim found that the diet he was consuming, which was high in fruits, vegetables, and protein, was not providing him with the energy he expected. His studies in Holistic Nutrition led him to discover a new way of viewing how the human body processes food. As a fitness and nutrition coach, he developed a diet based on whole foods that eliminates many of the toxins that are so detrimental to our health. Eating for Energy begins with quite a bit of scientific information. Elkaim explains how different foods interact with the human body, breaking the foods down into their smallest particles. He demonstrates why some foods were not meant for human consumption, and how the chemical makeup of certain foods is altered during the cooking process, negatively affecting the nutritional value. Elkaim's reasoning makes perfect sense. He explains why some people who believe themselves to be nutritionally fit are still plagued with health concerns and excess body fat. He also explains why someone who appears to be physically fit may not

necessarily be healthy. He provides a section specifically for athletes who may require a high caloric intake. There is a 12-week meal plan for transitioning to a whole foods diet.

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