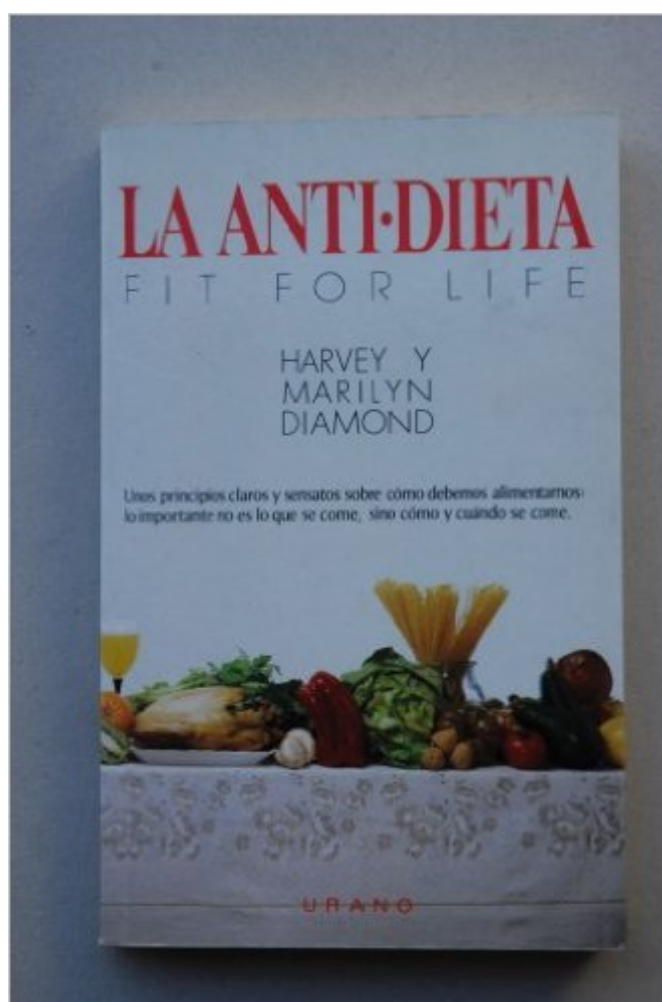


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# La Antidieta (Spanish Edition)



## Synopsis

Por fin un libro claro y sensato sobre cómo debemos alimentarnos. Siguiendo los principios de LA ANTIDIETA, su alimentación se ajustará al ritmo de su organismo permitiendo así que sus mecanismos de autodepuración y automantenimiento produzcan óptimos resultados.

Conseguirás más salud, más energía y el peso ideal en forma permanente. Lo que LA ANTIDIETA le propone no es un programa para unas semanas, sino una nueva manera de enfocar la alimentación, una manera de comer que le mantendrá lleno de salud y energía, y en su peso ideal. Estamos seguros de que éste será su último libro sobre nutrición que leerás en su vida.

## Book Information

Paperback: 246 pages

Publisher: Ediciones Urano (June 1, 2000)

Language: Spanish

ISBN-10: 8486344166

ISBN-13: 978-8486344160

Product Dimensions: 8.4 x 5.3 x 0.6 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #137,070 in Books (See Top 100 in Books) #6 in [Books > Libros en español](#) > [Cocina > Dieta Especial](#) #16 in [Books > Libros en español](#) > [Salud, mente y cuerpo > Medicina Alternativa](#) #18 in [Books > Libros en español](#) > [Salud, mente y cuerpo > Salud Personal](#)

## Customer Reviews

The book was slow for me at the beginning because I've always hated science. There was a great deal of thorough explanations about how our bodies function and what functions indicate that something is quite wrong. Because of the scientific info which I usually avoid, I continued reading the book until every piece of information filtered in. I have a Dominican culture where the food diet is very heavy starting with breakfast, midafternoon lunch and evening; So it's interesting to learn what NOT to eat, and/or what eat to make our bodies function properly, and simultaneously loose weight without starving to death. And the best about the book were the recipes suggested as samples at the end of the book! I was so used to heavy meals that I couldn't figure out how to make it lighter. The book helped until I got used to it. My email address is [jaime@warwick.com](mailto:jaime@warwick.com) and/or [jaimeisaac@sprintmail.com](mailto:jaimeisaac@sprintmail.com), please reply if this book is available in English because I've been

recommending it and most of my friends are not Spanish.

Simply you don't need another book on diets and antidiets in fact. This books tells you all about your "system". I personally think that the human body is a nice machine, the only problem is that comes without manuals. This book is the digestive aparatus "manual", it simply changed my life. Now I'm not fully vegetarian, but I learned to eat well, and practically forgot what means stomach problems. A must read book if you have enough will force to order your eating habits.

As soon as I started reading I put in effect all the knowledge acquired in the book. I immediately noticed how my body reacted in a very positive way. This book is an incredible amount of knowledge for all people of all ages with sufficient conscience to start a new way of eating, not dieting!

PLEASE NOTE THAT THIS BOOK IS THE SPANISH TRANSLATION VERSION OF FIT FOR LIFE. I started on this diet 18 months ago and boy, what a difference. I am sharper, brighter, more alive, better at my work, more energetic, can eat as much as I like, suffer no ill health or pain and discomfort...I could go on all day but I think you get the idea. This book is not a diet fad, it is a life changer. You may think that a book talking about fresh fruit and vegetables, air, water, sunshine and exercise is just common sense. Well you would be right, it is. Unfortunately with all the different opinions we receive from health advisers and food companies it is easy to get confused about what we should eat. I would suggest trying this diet for 10 days and see how you feel. I suspect you will notice an improvement in well being very quickly and any way the money you spend on the book will be paid back by a lower grocery bill (fresh produce is cheaper than cooked or processed). What have you got to lose? Well done Harvey and Marilyn Diamond for speaking the truth, and thank you.

This book was a great discovery for me, finally I understood what was happening with my body as a result of the food I ate. It is a descriptive document of the digestive cycle, wich allows understand a correct way of eating, with the appropriate combinations of food, how to eat carbohydrates, proteins, do the correct combinations that allows you feel good and not gain pounds. I recommend this book for all the people is looking for a way of eating, not for a temporal diet.

It started good... but then... it is all about "don't eat meat", "don't drink milk", "don't eat more than two things". "don't.. don't.. don't.. don't".... ummm I really do not agree with it, too extreme and kind of unrealistic I think. Lost interest on it

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