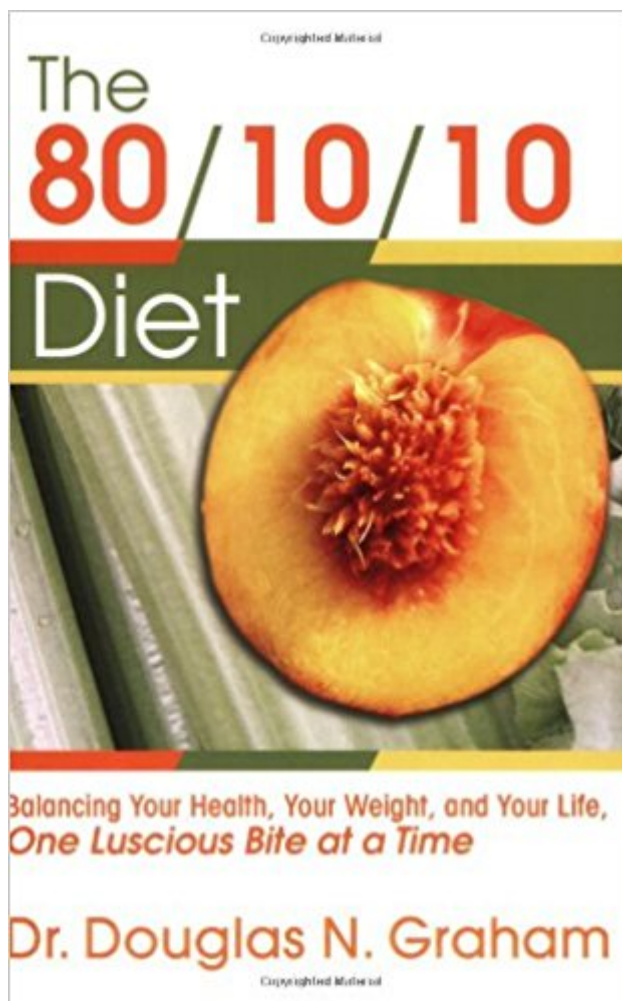


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# The 80/10/10 Diet



## Synopsis

After more than 5 years of intensive work the definitive guide to the 80/10/10 Diet is here! Get your hands on the latest book by Dr. Douglas Graham, *The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time*. If you have struggled with staying raw, would like to lose weight, or change your life for the better, look no further than this groundbreaking book.

## Book Information

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## Customer Reviews

Dr. Douglas Graham, a lifetime athlete and twenty-seven year raw fooder, is an advisor to world-class athletes and trainers from around the globe. He has worked professionally with top performers from almost every sport and every field of entertainment, including such notables as tennis legend Martina Navratilova, NBA pro basketball player Ronnie Grandison, track Olympic sprinter Doug Dickinson, pro women's soccer player Callie Withers, championship bodybuilder Kenneth G. Williams, *Chicken Soup for the Soul* coauthor Mark Victor Hansen, and actress Demi Moore. As owner of a fasting retreat in the Florida Keys for ten years, Dr. Graham personally supervised thousands of fasts. He was in private practice as a chiropractor for twenty years, before retiring to focus more fully on his writing and speaking. Dr. Graham is the author of many books on raw food and health including *The High Energy Diet Recipe Guide*, *Nutrition and Athletic Performance*, *Grain Damage*, *Prevention and Care of Athletic Injuries* and *The 80/10/10 Diet*. He has shared his strategies for success with audiences at more than 4,000 presentations worldwide and is recognized as one of the fathers of the modern raw food movement.

I have begun to adopt the raw fruit and vegetable based diet promoted in the book and I am loving it. I will admit that going from cooked meals to completely raw meals is a transition and the idea eating raw fruits and vegetables for meals takes getting used to, but once you start experiencing how great you feel after raw low fat vegan meals you'll be excited to try to eat more raw meals. The promised weight loss is occurring, slowly and steadily, and after 4 weeks of eating mostly raw (and eating as much as I want) I have lost a half an inch to an inch in my measurements. I'm not overweight though, just seeking to be a lean healthy athlete, so weight loss is not my major motive here, but it is great that I can eat as much low fat fruits and vegetables as I care for and still lose inches. Just to note; I do not workout loads, 4-5 days a week, for 15-20mins w/some resistance training thrown in a couple times a week, but I am consistent, rarely miss a workout and I workout with intensity; sweaty, breathing hard, heart rate up, ect...

I really enjoyed this book. The author is passionate about his subject & his message & it comes through clear & readable. It explains that being a vegan is not necessarily healthy if you are a junk vegan & equips you with sufficient material & motivation to inspire you to endeavor to be a healthy vegan. It really convinced me of the principle of the 80/10/10 way of eating & this book out of the many I have read really inspired me to pursue an 80/10/10 approach which I have endeavored to pursue since. I have noticed much improvement in my health & weight since eating this way & feel & look better. I recommend this to anyone who is serious about eating in a really healthy way.

I have tried many diets and exercise programs. I have had very limited success dieting, and the low-carb diets made me sick. I have a bad knee and lower back issues from an old industrial accident... so vigorous exercise is not in the cards for me! I followed the advice in this book and went on the 80/10/10 diet for a little over 4-months.. and I lost 75lbs! I have never felt better in my life! I will admit that the diet takes a lot of discipline and will power! After blowing past my goal weight (by 20 lbs!) I went off the diet and settled on a vegetarian diet. Over about 6-months I have gained back 40 lbs... so I am going back on the diet!

Raw foodist? This book will further solidify our raw culinary truths -no, not through analogy; rather, by biological & enzymatic fact (no enzymes for a specific food? We're not made to eat it). In Physician Assistant school, we were taught that 95% of ALL disease begins with what we consume. Consider that % as you read this book. If you're tired of being ill, fat, depressed and sleep deprived, do yourself one last favor? Read this book a few pages a day and make changes as you come

across them in 80.10.10.

Revolutionary, and brilliantly insightful... unlike any other book I've ever read!! I have tried reading a number of books about eating a raw food diet, and as a skeptical reader this is the first one I can take seriously. I have experimented with the raw food diet in the past, and like so many other people, eventually failed with it. Now I understand why! I am incredibly glad I read this book. Especially in the context of the movie FORKS OVER KNIVES, which is the best work (book or movie) I have ever seen on nutrition, that was intended for the general public. Even if you are specifically interested in the raw food diet, I still would strongly recommend watching that movie first. It will put everything in context for you when you read this book afterwards. Or even if you don't! Seriously, check it out: Forks Over Knives. It changed my life, and the lives of many people I love, and even the lives of strangers I told about it. It could save your health. Now, back to the book at hand...I am so grateful to Dr. Graham for writing this book; it really is a gift to the world. Although I don't eat 100% raw all the time, I do typically eat all-raw throughout the day until dinner, now that I understand how to do it the right way (and believe me, there is a wrong way too). And most importantly, I do it without difficulty - something I was never able to do in the past. It definitely takes some experimenting. (For example, a meal of only apples is not something I recommend, but a meal of just oranges, or just grapes, works marvelously! That's something I had to learn on my own. But I digress.) As I said, I haven't started eating 100% raw, and I don't necessarily agree 100% with everything Dr. Graham says, reading The 80/10/10 Diet has dramatically changed the way I understand food, nutrition, health, and our biological role as humans in the ecosystem. Check it out! (But watch Forks Over Knives first!)PS Thanks, Dr. Graham!

I really like this book. I managed to try this diet for about a month after doing over a year of high fat raw food diet. The vitality I felt has never quite been matched as when I followed this diet, the problem is I find it impractical and impossible in my lifestyle, it saves me stress and social life to simply conform to the standard, while making the healthiest choices within said range. It's great how he includes meal plans to follow and get you started. Pretty much taking you by the hand. I'm not sure how much real science there is to back this, perhaps because no one in the government is interested in funding crazy fruit lovers. It is mostly his own theories and personal anecdotes.

This diet is a five out of five. I have lost 20 lbs in a month. Amazing! I do workout 4 days a week on average though. That definitely attributes but changing my diet has improved my sleeping patterns

and energy patterns. The only disadvantage to this book is there is not compact section that just explains it in simple terms. You really have to read through it. The diet plans in the back are helpful and vary by season which is cool. Before I received the book my doctors recommended. Instead of binging on chips and cakes I binge on fruit and still lose even when going over three thousand calories. Thanks, Dr. Graham.

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