



The Diamond Diet : A Multifaceted Path to Weight Loss, Health, and Wellness

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HOW IS THE DIAMOND DIET UNIQUE?

The Diamond Diet is a multifaceted approach to health, wellness and weight-loss based on a philosophy of awareness and real living. Here are the reasons why it is both unique and effective:

1 The Diamond Diet is the only health diet book to completely eradicate the confusion caused by the plethora of popular health/diet books and programs. For the first time, the reader will completely understand how one needs to live to prevent illness and disability, restore one's health, and lose weight. Bolstered by the latest research, The Diamond Diet is derived in large part through distilling the true and common aspects of the wide range of diets that have been presented over the last decade. What few realize is that the range of what is truly healthy and common among these diets is incredibly vast, clear and powerful. Like the blind men who are each feeling only a part of the elephant, but believing they hold the entire picture, so too, the myriad diets currently available are limited and myopic. By standing back and seeing the entire elephant, by being inclusive rather than dismissive of other programs, the truth can finally be seen!

2 No single other diet or wellness book so comprehensively presents a multifaceted approach to health, wellness, weight loss and lifestyle. The Diamond Diet melds research and information with practical exercises - creating an integrated process to be experienced and lived. It functions as a seven-week program and leads the reader step by step towards creating a new, healthier life that fits one's needs and desires. The Diamond Diet intimately involves the reader with positive changes he/she can make, whether they are for weight loss or wellness. The weekly exercises are given at the beginning of each weekly part, so the reader can take full advantage of them right away. The reading for each week informs and augments the weekly exercises, and the exercises make the information more meaningful and useful.

3 Unlike the competition, we show the reader that the truth is not rigid. One does not have to choose a vegetarian diet over one that includes animal foods - or vice versa. Nor does one need to choose a low-fat diet over a high-fat one. Health and wellness really are multifaceted, and our choices can be diverse. The Diamond Diet is non-dogmatic and allows for personal individualization. Our program is straight forward and without hype.

By following the 16 Diamond Diet Principles , the vast majority of people will not only help prevent many of the major ailments and diseases plaguing our society today, but they'll help alleviate and reverse many of these same afflictions.

4 Uniquely, The Diamond Diet contains three extensive menus based on seasonal eating. No other best selling health/diet book recognizes that our bodies naturally desire and require different foods based on the seasonal climate in which we live. Additionally, over 80 recipes are given.

5 Recognizing that technological as well as cultural influences help to sabotage our efforts toward health and wellness, The Diamond Diet appropriately extends beyond simply diet and exercise. In prescribing an integrated holistic lifestyle, solutions are woven into these greater issues of concern:

*How do we integrate what we know intellectually (about health/wellness) with the ability to live healthfully

in our body?

*How can we rectify the disconnectedness from our own bodies (and by extension our greater body-the earth), caused by our technology-infused life, including the "junk food" industry?

*How can we equip our children to navigate the unhealthy flood tides of our mass culture, when we ourselves, like fish in water, are unaware of our own unhealthy lifestyles?

6 While the book stands completely on it's own, it is even more effective when lived in conjunction with its companion website (TheDiamondDiet.com). Readers can join, and become part of our community - experiencing the program with others in the same part of the book they are in, and having access to the authors. Even guests can take advantage of many helpful, fun, and eye-opening facets of the site. No other health/diet book offers such an adjunctive, living program.

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The guide with title The Diamond Diet : A Multifaceted Path to Weight Loss, Health, and Wellness possesses a lot of information that you can learn it. You can get a lot of advantage after read this book. This kind of book exist new understanding the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you throughout new era of the glowbal growth. You can read the e-book on your smart phone, so you can read the item anywhere you want.

Scott Smith:

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Scott Bourquin:

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