

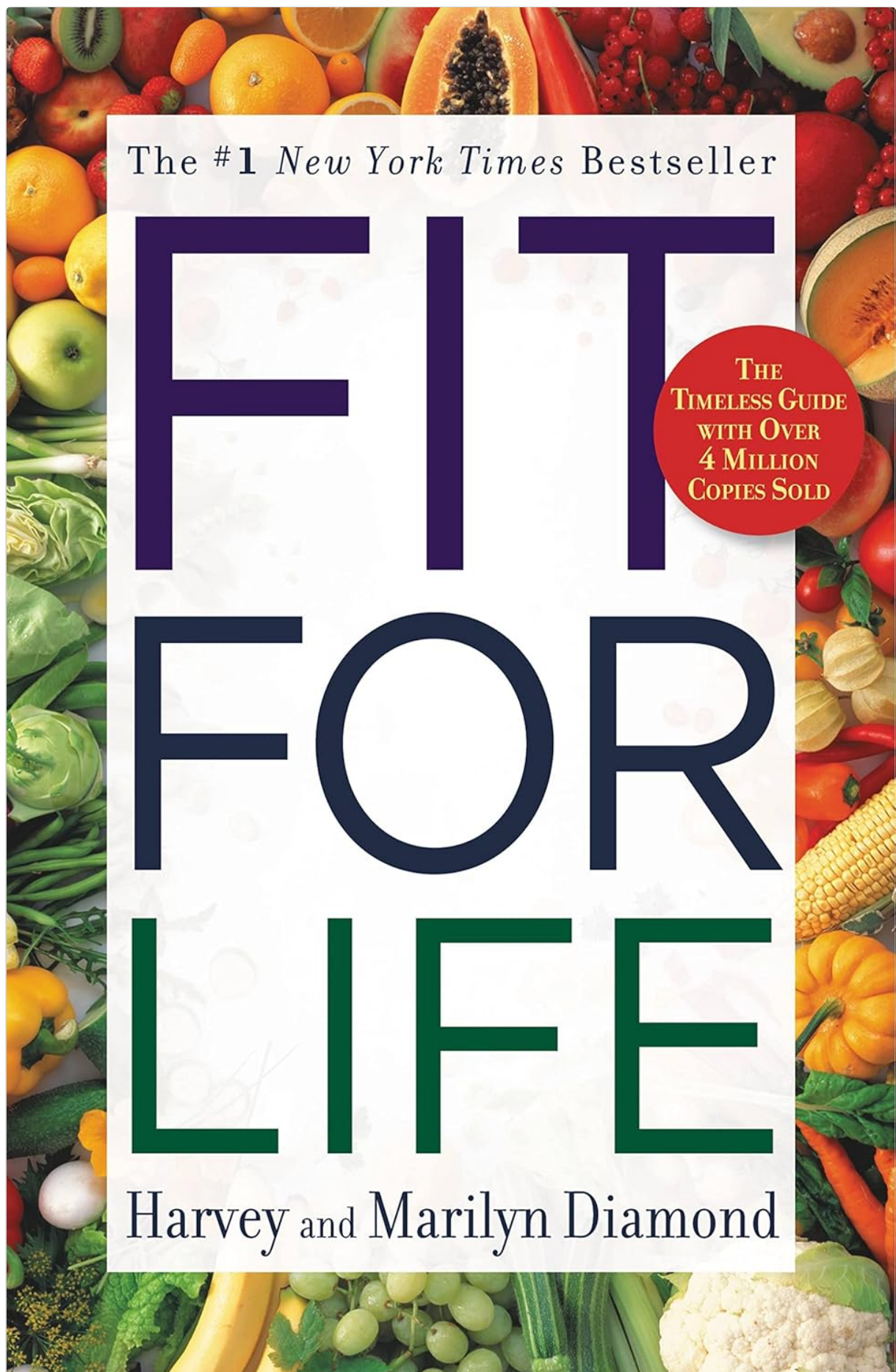
Balance Fit for Life

Fit for Life: A Guide to Natural Health and Weight Management

By Harvey and Marilyn Diamond

INTRODUCTION TO THE FIT FOR LIFE PROGRAM

The book 'Fit for Life' presents a nutritional approach designed to optimize body function and promote overall well-being. This program emphasizes natural body cycles and specific food combining principles to support weight management and enhance energy levels. It is based on the premise that understanding and working with the body's natural processes can lead to lasting health benefits.



This image displays the front cover of the 'Fit for Life' book. The title 'FIT FOR LIFE' is prominently featured in large, bold letters. The background is a colorful collage of various fresh fruits and vegetables, including kiwi, oranges, papaya, berries, apples, corn, carrots, and cauliflower, symbolizing the book's focus on natural nutrition.

The core philosophy centers on the idea that safe and permanent weight reduction is directly related to the

amount of vital energy available to the body and its efficient use for waste elimination. By adopting specific eating patterns, individuals can free up energy, allowing the body to naturally shed excess weight and improve overall vitality.

GETTING STARTED: UNDERSTANDING THE PRINCIPLES (SETUP)

Initiating the Fit for Life program involves understanding fundamental dietary principles rather than adhering to a restrictive diet. The program is designed as a sustainable lifestyle approach. Key initial steps include:

- **Focus on Natural Foods:** Prioritize fresh, raw fruits and vegetables.
- **Morning Fruit Consumption:** Begin each day with fresh fruit or fruit juice until noon. This practice is based on the body's natural cleansing cycle.
- **Food Combining Awareness:** Learn which food groups combine effectively to aid digestion and energy conservation.
- **Hydration:** Ensure adequate intake of water throughout the day.

The program encourages a gradual transition, allowing individuals to comfortably integrate these principles into their daily routine without feeling deprived.

DAILY IMPLEMENTATION: APPLYING THE FIT FOR LIFE PRINCIPLES (OPERATING)

Consistent application of the Fit for Life principles involves structuring meals around the body's natural cycles and proper food combinations. A typical day might include:

- **Morning (until noon):** Consume fresh fruit or fruit juice. Examples include orange, tangerine, grapefruit, apple, strawberry-apple, watermelon, or cantaloupe juice. Fresh fruit salads or individual fruits like oranges, apples, peaches, melons, nectarines, cherries, or grapes are also recommended. Bananas can be consumed if still hungry after juicy fruits. Canned fruits are generally not part of the program.
- **Lunch:** A large salad composed of fresh, raw vegetables is suggested. Various dressings can be used. Options may include whole-grain toast with butter or soup. Sandwiches made with avocado, tomato, cucumber, lettuce, sprouts, and mayonnaise or butter are also presented as choices.
- **Dinner:** This meal offers flexibility. Options include a fresh vegetable-juice cocktail before the main course. Main dishes can feature buttered yams, rice, or baked potatoes with steamed vegetables and salad. Other suggestions include Mediterranean Rice Salad, Steak-lovers Salad, or a choice of meat, chicken, or fish served with vegetables and salad. Soups with cornbread and coleslaw, or steamed/raw/sautéed vegetables wrapped in tortillas with avocado and sprouts, are also mentioned.

The emphasis is on the timing and combination of foods to optimize digestion and energy. The program suggests that it is not only what is eaten, but also when and how, that significantly impacts results.

SUSTAINING THE FIT FOR LIFE LIFESTYLE (MAINTENANCE)

Maintaining the benefits of the Fit for Life program involves viewing it as a continuous lifestyle rather than a temporary regimen. The following points are crucial for long-term success:

- **Consistency:** Adhere to the recommended program for optimal results.
- **Flexibility:** If deviations occur, the program encourages returning to the principles as soon as possible, emphasizing that it is a lifestyle that can be resumed at any point.

- **Energy Optimization:** The program is designed to free up and optimize the body's energy, which is key for weight management and overall vitality. Continued focus on energy-yielding food combinations supports this.
- **Self-Awareness:** Pay attention to how the body responds to different foods and combinations to personalize the approach.

The goal is to achieve permanent results by integrating these principles into daily life, leading to stable body weight and consistent energy levels.

ADDRESSING COMMON CHALLENGES (TROUBLESHOOTING)

Many individuals encounter challenges when attempting to manage their weight. The 'Fit for Life' program addresses these by highlighting why conventional dieting often proves ineffective:

- **Temporary Nature of Diets:** Diets are often temporary measures, leading to temporary results. The program advocates for permanent lifestyle changes for permanent outcomes.
- **Deprivation and Binging:** Restrictive diets can lead to feelings of deprivation, often resulting in subsequent overeating or binging, which complicates weight management. The Fit for Life approach focuses on abundant, satisfying food choices within its framework.
- **Lack of Energy:** Many diets can deplete the body's energy. The Fit for Life program aims to increase vital energy, which is presented as essential for the body's natural waste elimination processes.
- **Conflicting Information:** The book acknowledges the confusion caused by contradictory dietary advice. It offers a consistent set of principles based on natural physiological laws.

If experiencing difficulties, it is recommended to review the core principles of food combining and timing. Ensure that food choices are aligned with the program's guidelines, focusing on fresh, whole foods to support the body's natural functions and energy levels.

PRODUCT SPECIFICATIONS

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SUPPORT AND WARRANTY INFORMATION

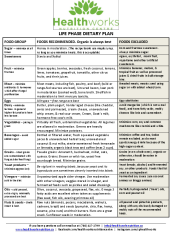




For inquiries regarding the physical quality or printing of the 'Fit for Life' book, please contact the publisher, Balance, directly. Contact information can typically be found on the publisher's official website or within the

book's introductory pages.

As 'Fit for Life' is an informational guide, it does not come with a traditional product warranty for health outcomes. The effectiveness of the program's principles depends on individual application and adherence. For further support or additional resources related to the Fit for Life program, it is recommended to consult official channels or websites associated with the authors, Harvey and Marilyn Diamond, if available.

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Related Documents - Fit for Life

	<p>Healthworks Life Phase Dietary Plan: Recommended Foods and Guidelines</p> <p>A comprehensive guide to the Healthworks Life Phase Dietary Plan, detailing recommended and excluded foods by group, phase diet notes, and healthy alternatives for a balanced diet.</p>
	<p>Weight Loss Guide: Strategies for Health and Well-being</p> <p>A comprehensive guide to achieving healthy weight loss, focusing on mindset, goal setting, and sustainable strategies. Written by Andrew Baldwin, FULLY-FIT.</p>
	<p>Hy-Vee Seasons Magazine - January 2021: Healthy Recipes & Offers</p> <p>Explore the January 2021 issue of Hy-Vee Seasons magazine, featuring New Year's recipes, healthy eating tips, exclusive Hy-Vee Plus offers, and mealtime solutions for a fresh start to the year.</p>
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