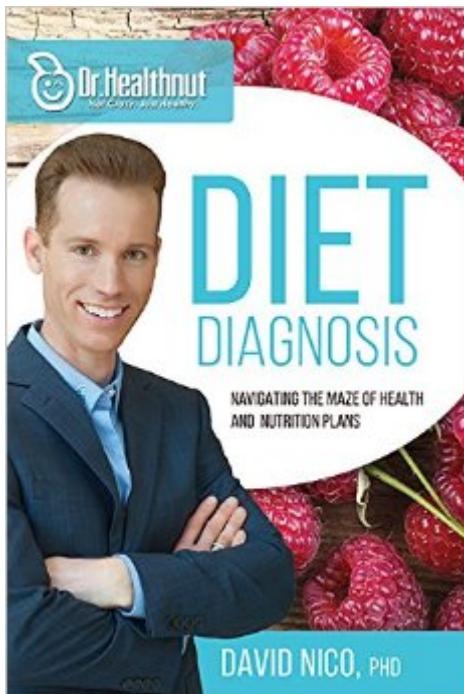


The book was found

Diet Diagnosis (Dr Healthnut): Navigating The Maze Of Health And Nutrition Plans



Synopsis

HOT NEW RELEASE... Nutrition #1 BEST SELLER... Medicine & PsychologyÂ BEST SELLER... Diets & Nutrition BEST SELLER... Food Additives BEST SELLER... Antioxidants & Phytochemicals Many diet plans are promoted as "one size fits all." But each person is unique and has specific needs and preferences.Â Diet Diagnosis: Navigating the Maze of Diet and Nutrition Plans will show you how to choose the program that is best for you, while providing practical tools and effective principles that you can implement step-by-step. No matter what your current health status, David Nico, aka "Dr. Healthnut," will help you to reach your highest level of wellness possible, including a healthy weight. Dr. Healthnut says, "Healthnuts are not really 'crazy'; they're just everyday people who want to make healthier lifestyle choices." Maybe you've had your ups and downs as you've tried to maintain good eating habits, producing a vicious cycle of lifelong weight problems and risk of disease. Or, perhaps you feel perplexed by the conflicting opinions expressed in the media about the "best" foods to eat, so you wonder just what the right foods to incorporate into your daily meals. Achieving wholeness in your life requires multiple dimensions of health. Yet, as you take progressive steps toward healthier eating, you will be on the road to wellness. By changing what, why, and how you eat, you can experience optimum health. The healthnut life: "Not Crazy. Just Healthy."

Book Information

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Customer Reviews

Dr. Nico guides you on a health journey of providing you with information from understanding toxins

to a good night's sleep and so much more! This is a must-read book for those of you wanting to live a healthier and productive life!

I really enjoyed this very informative book, The cover and layout were very attractive and inviting. It had everything, excellent biography, endnotes, beginning steps to follow a diet of your choice. Everything from fasting, toxins, gmo --all the information and more was there. I especially liked the high lighted and boxed pros and cons to every type of diet. There is no one diet for everyone, we are all so very unique, this book will point you in the right direction and take your whole body mind and soul into account. I received this book free for making a honest review, and I can honestly say, I would buy this book and use it as a reference. A five star addition.

Diet Diagnosis by author David Nico, PhD is a hardcover 283 page book by Whitaker House Publishers. The front cover says "Navigating the maze of health and nutrition plans" and refers to the author as Dr. Healthnut, not crazy, just healthy. This book was not what I expected but thoroughly enjoyed. The author talks about all different types of diets, Standard American, Fasting, Vegetarian, Protein, Carb, Gluten-free, just to name a few. He gives a recap along with pros and cons for each diet. He was unbiased on his assessment of them. Not every diet works for everyone. Even the same diet does not work all of the time for the same person. I hadn't thought about that before but it is so true. Throughout the book are "healthnuts" blocks which are little tips or points to help readers. In the Foreign Toxin chapter one read "Request no sauce and no MSG at restaurants". In the Nourish chapter one there read: use only real, cultured, or fermented dairy and local eggs. Each block has three tips. Author Nico inspires readers to live a healthier lifestyle in all areas of their lives - physical, mental, and emotional. His way of writing is such that he makes everything easy to read and understand. He provides lists and charts to aid in this. It is an interactive book causing readers to reflect, hope, and aspire to accomplish things they previously had not been able to do. Near the back of this book is a Healthnut Life 7-week plan accompanied by examples on how to proceed with positive goals and activities on a week by week basis. There are lines for awareness, hopes, actions, appointments, and a weekly score. This is a great diet/health book. It is a wonderful reference book to turn to again and again. It is encouraging and inspiring. I would recommend this to everyone. I rated it a 5 out of 5 stars. A copy was provided for my honest review from The Book Club Network.

Diet Diagnosis was a very informative book. There are so many different diets out there, many I had

never heard of, and David Nico does a great job explaining them. I was impressed because he seemed very neutral about them - he gave pros and cons to each and I appreciated that. I also liked how he talked about at different times in his life, he was on different diets because it worked for that period of his life. Not all diets, even if the best fit for a person, are the best fit ALL THE TIME. It was a very informative, neutral, and helpful book. I thoroughly enjoyed reading it. And he was encouraging and inspiring because even though I â œknewâ • the right things to do, he explained them in such a way that made me want to buy the healthier food and take care of myself, not just save a dollar. He is right. He said that in the olden days, food was the highest item on peopleâ ™s budgets because they knew without good health, everything else suffered. So, today, while shopping, knowing that the food offered to us isnâ ™t the healthiest, I made significant changes not because I was guilted into it, but because I truly want to feed my family health. I have always tried to be a healthier person and make healthier choices but we had slipped in the last several years. I am inspired again to make the healthier choices, choose the healthier versions because my family and my health are worth it! I received this book for free from The Book Club Network and the author in exchange for my honest review.

There are many books on the market right now about diets. Some tell you to eat this and cut down on that which can become confusing. In this very well written book, the author has outlined in detail a step by step program. He also gives you reasons for this plan which I found very encouraging. A lot of diet books focus on how to lose weight, but forget that there are other factors that need to be considered in order to achieve your goal. With this book, you get the total package. Thanks to DIET DIAGNOSIS we are able to focus on body, mind and soul. They all need to work together for a diet to be successful. I loved how the author has the chapters laid out giving you pros and cons that guide you so your entire body can be healthy. The food choices we have today can be overwhelming , but with this book it helps guide you to make healthy choices. I loved the Healthnut Life 7- week plan at the end of the book. It is a great resource to help readers make choices that are healthy and be more informed about food . Thank you for a book that encourages a healthy living with positive reinforcements and activities that start you on your goal to be healthy. I highly recommend this book for everyone looking for a better way to get healthy and stay healthy. I received a copy of this book from The BookClub Network for an honest review.

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