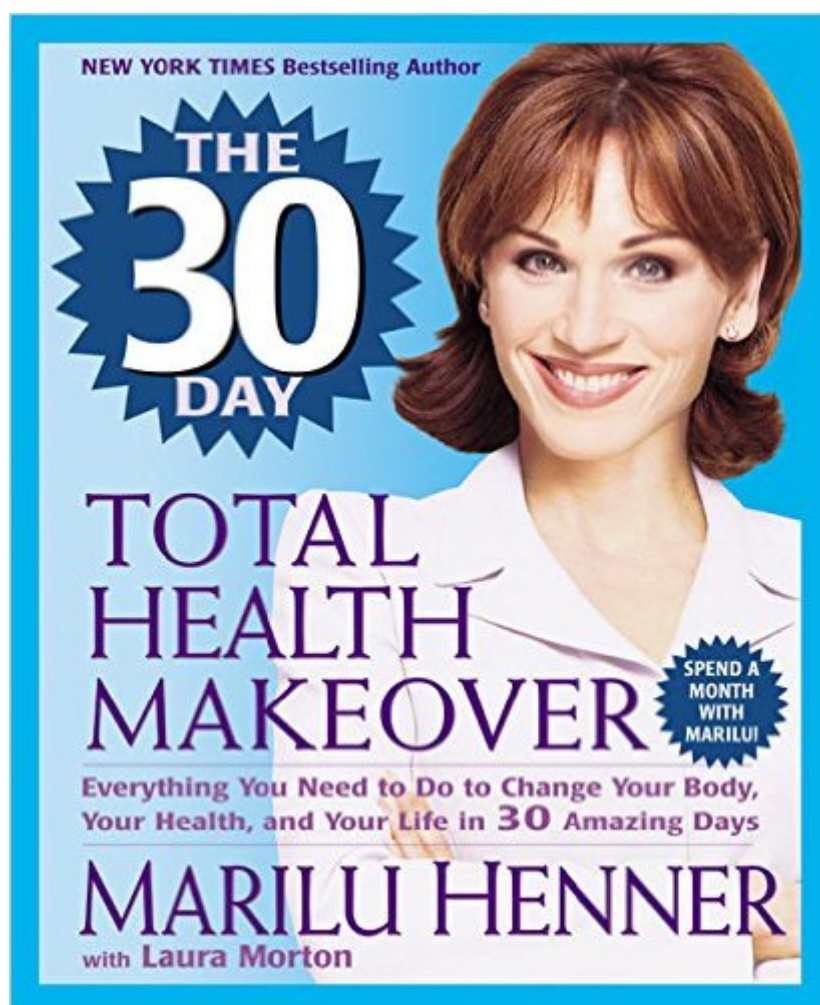


The book was found

# The 30 Day Total Health Makeover: Everything You Need To Do To Change Your Body, Your Health, And Your Life In 30 Amazing Days



## Synopsis

Are you ready to make a change? Spend a month with Marilu! "Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better." -- Marilu

## Book Information

Series: Total Health Makeover

Paperback: 320 pages

Publisher: William Morrow Paperbacks; 1st Pbk. Ed edition (May 22, 2001)

Language: English

ISBN-10: 006103133X

ISBN-13: 978-0061031335

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars Â Â See all reviews Â (136 customer reviews)

Best Sellers Rank: #112,192 in Books (See Top 100 in Books) #166 in Â Books > Health, Fitness & Dieting > Reference #1581 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #31566 in Â Books > Reference

## Customer Reviews

I wasn't expecting much when I started this eating plan, but was pleasantly surprised. I DID feel much better. However, the food combining theory can be a little confusing, and the book needed to be a little clearer on substitutions. The recipes are tasty, but although none of the recipes call for adding salt, there is a prominent use of Tamari/soy sauce which is in itself high in sodium. If you are watching sodium, you might want to use another type of seasoning. Some of the recipes for example called for Sea Bass and/or Red Snapper and Ahi Tuna (the Sushi grade kind). At my supermarket, the sea bass was \$20.00 lb., I can only imagine what the Ahi tuna costs! I just substituted plain old tuna, and either cod or tilapia for the sea bass. Also, the menus needed to be planned better to utilize your leftovers. For example, I baked the "Mary Ann's Corn Muffins" recipe, which made 12 muffins. We were supposed to have them for breakfast for that one day, and nowhere on the plan did they appear again! So the next day, there was another different breakfast, with no usage for the leftover muffins, and no information on what to do in these cases. Some of the recipes that did allow you to use leftovers the next day, happened to be the recipes that made very

small portions to begin with, so there WERE no leftovers! UGHHH! Also, you need to have a restaurant size icebox for all the veggies and ingredients. I found myself going shopping more frequently, running all over town to different stores to get some of the ingredients. Luckily, I live in an area that it's easy to find the different ingredients. If you are a working person, you will need to cook things the day before you need them to have it all ready on some occasions.

This book was just the perfect follow-up to her first book, because although I understood her principles I need help on exactly WHAT to eat! It is just what the doctor ordered. I ultimately have 20-34 lbs to loose, according to my doctor, and found this to be a perfect lifestyle change for me. I identified with Marilu's personal story in the first book. I have always had that layer of chubbiness and didn't realize that the dairy products were keeping me feeling and looking bloated. When I started reading her books I didn't feel like I had enough willpower to change my lifestyle enough to loose the amount of weight I needed to. This book has helped me find the motivation and discipline I needed. I have lost 8 lbs in 24 days. I am single and cook for myself. I am a working girl who finds time to workout, even if it means going to the gym at 6 am before work or 6 pm after a hard day. Yes- this lifestyle (not a diet!) requires self control. This is not a quick fix. Yes, the food is expensive. I have spent around \$200 on each grocery list for the week, but I know that many of the items will last me months because I won't have to rebuy everything. Yes, you do eat fish. Marilu is a vegetarian, but this book is not called "How to Be a Vegetarian." If that was what you were looking for than you should read more carefully. She never professes that everyone should become a vegetarian. Each of us have to adhere our diets to suit our bodies. Hey, some people are unaffected by dairy and want to keep it in their diets. I found that eliminating it was key FOR ME. This is your body and you have to learn to manage it yourself. Stop whining.

[Download to continue reading...](#)

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) La TransformaciÃ³n Total de su Dinero [The Total Money Makeover]: Un plan efectivo para alcanzar bienestar econÃ³mico [An effective plan to achieve economic welfare] Hannah Keeley's Total Mom Makeover: The Six-Week Plan to Completely Transform Your Home, Health, Family, and Life Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in

Just 3 Weeks. Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Total Memory Makeover: Uncover Your Past, Take Charge of Your Future BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover for Total Recovery My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) New Mind New Body: The Inner Makeover for a New You Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Boy's Body Book: Everything You Need to Know for Growing Up YOU (Boys World Books)

[Dmca](#)