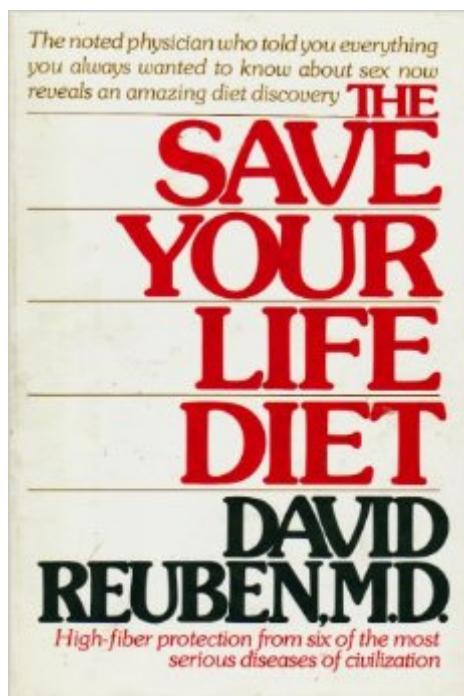


The book was found

The Save Your Life Diet



Synopsis

This is the original edition of this book. There is a new revised edition available for Kindle and print-on-demand.

Book Information

Hardcover: 173 pages

Publisher: Random House (1975)

Language: English

ISBN-10: 0394498801

ISBN-13: 978-0394498805

Product Dimensions: 8.3 x 5.8 x 1.1 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 starsÂ [See all reviewsÂ \(9 customer reviews\)](#)

Best Sellers Rank: #1,145,167 in Books (See Top 100 in Books) #71 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber

Customer Reviews

This really sets the stage for a good fiber rich diet. Most of the ills we suffer are caused by lack of fiber. It was a best seller in 1976 and the author has a great ability to take the medical jargon from the medical journals and translate it into language the layman can understand. It changed my diet back in the late 70s and i'm still going strong at 84. I have my minimum daily requirement of fiber every morning and my doctor tells me "whatever you are doing, keep doing it." I owe it all to this book.

I've had a copy of The Save Your Life Diet book by David Reuben, MD., for years. I am a snowbird and have decided that it would be easier to buy duplicates of my most favored books than transporting them back and forth from place to place twice a year, hence the purchase of this one. The book itself is full of important information on high fiber diet living written long before the current "trend" became so well known. There are some excellent high fiber recipes in the book. I do my own modifications to recipes calling for some items; for sugar I substitute local honey, for milk I use low fat soy milk, for butter I use high heat organic canola oil for recipes calling for heat over 350 degrees, or extra virgin olive oil for those under 350 degrees.

I bought this book in high school. I believe it was 1976. It had a tremendous impact on my food

intake since then. I have had my fair share of fast food and not-so-healthy meals ... but in the back of my mind since that time, I have made a conscious effort to eat a balanced diet with plenty of fruits, veggies, and fiber/roughage. What stuck with me most is the importance of fiber and keeping your digestive system "clean" and how NOT doing so builds toxicity in your body. I have had very few sick days in my life (knock on wood). I rarely even get a cold much less major health issues. My weight has been consistent for the last 30 years or so, ranging from about 188 to 195 lbs. I regularly juice and drink smoothies in addition to eating lots of fruits and veggies. I see so many people with health issues and overwhelming medical bills. I believe the dietary habits I learned from this book almost 40 years ago is a key factor to my health today. With every fiber in my being (pun intended), I believe the diets of Americans; from birth til death is THE answer to America's health care problems. In addition to reading, writing and arithmetic, Health & Diet should be required from first grade and up. I'm the type of guy that the insurance companies love paying every month. Please, everyone, get your fiber and nutrients, cut back or eliminate processed sugar, alkalize your body (cancer hates alkalinity), and become educated on feeding your body high octane fuel; for your sake and the sake of your loved ones. The info is out there by just clicking away. To start, try searching for >> health benefits of ... (take your pick ... kale, coconut, ginger, turmeric, yellow crimson watermelon ... you name it). Or search for >> foods that help arthritis (or whatever ales you). Your grocery produce section can be your pharmacy. Anyway, it's a great book and it rubbed off on me. I think it's a good thing.

I have owned at least 4 copies of this book since the 1970's, and have given away many more. It has had a significant life long impact on my eating habits, and good health. Coming from your standard issue American "white bread" family with many various health issues this book taught me a different way to understand the impact of food on your health. My family of course thought I was a hippie-dippie, and crazy for eating "grass", and other "rabbit food"..... Well we fast forward more than 40 years, and I am substantially healthier, thinner, and look considerably younger than my nay-saying relatives. (Many of whom I have outlived) I owe my life and lifestyle to Dr Reuben. Thank you Sir for making us aware, Thank you for Saving our Lives.

A friend read this book many years ago, and it helped him re-think some of the food he was consuming. I wanted to read the book to enlighten me to some of the reasoning for eating or not eating certain foods. As with most books I read, I will take some of the info and incorporate it into my life and some info I will not.

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And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)

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