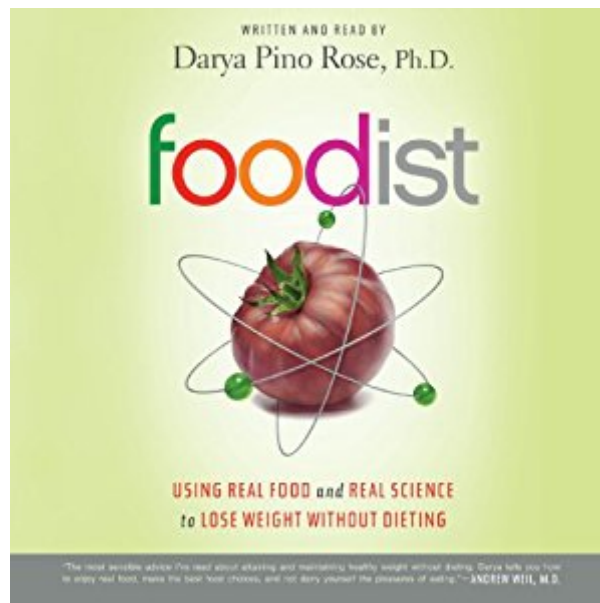




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# Foodist: Using Real Food And Real Science To Lose Weight Without Dieting



## Synopsis

Foodist is a manifesto about real food and real science that proves once and for all that sustainable weight loss is possible by incorporating fresh, seasonal - and delicious - ingredients into every meal. If you downloaded this book, there's a good chance this is not the first time you hoped a new eating plan would help you lose weight. Dieting is a popular hobby in the 21st century, and the result is typically a slow but steady weight gain over the years. Oops. Diets fail because they rely on willpower and restriction for achieving health goals, and ignore the reasons these tactics always backfire. Becoming a foodist helps you give up dieting forever and get on the real path to healthy, lasting weight control. Foodist is an approach that actually celebrates food while taking you through the nutrition and psychology involved in eating well to help you move beyond the daily obstacles and bad habits that keep the tasteless, empty, and unsatisfying food-like products on your plate. Losing weight no longer has to be about sacrifice, deprivation, and willpower, and food will turn from something you fight into something you can actually love again. As Darya writes, "You don't need a diet. You need an upgrade." Smart, accessible, and engaging, Foodist will help you tailor your eating habits to match your lifestyle and your food preferences, making sure the path you choose works for you in the short- and long-term. Not only will you permanently build healthier habits into your daily life, you'll lose weight and enjoy food like never before.

## Book Information

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## Customer Reviews

In summary, 1) Eat only foods that look like the original item - not anything processed. 2) Don't swallow your food whole - take time to chew it; 3) Don't eat out of the bag or box. 4) Exercise (at

least 10,000 steps per day), and 5) Eat whatever you want because the experts don't really have complete knowledge of nutrition. In reality, things are a little more complex. As one ages, digestive enzymes decrease causing digestive problems; hormones levels change; use of Pharma drugs (even NSAIDs like Tylenol or Advil) kills digestive bacteria in the intestines; accumulation of toxins in the digestive tract, etc. So while the author is commended for being helpful, anyone interested in losing weight should consider other factors. By accident I received a copy of Jon Barron's Lessons from Miracle Doctors, and am currently trying some of his recommendations to assist to the Foodist perspective.

Loved this read. I've eaten very healthy for a number of years, but have had a problem getting the last few pounds of body fat off my frame. I've only been using the tricks and tips for a few days but already feel so much more confident and empowered to make the right decisions when I'm out and not able to control the exact calories or ingredients. These occasions would often lead to overeating, feeling guilty, then over-restricting...repeat. Thanks, foodist! Love you and your awesome podcast!

Anyone reviewing this book has likely read/followed plenty of other diet/weight loss books. Well Foodist is unlike any you've read - guaranteed. There are no packaged bars to buy, no crazy gym/exercise programs to adhere to; just real food. It's a crazy theory, I know - using real wholesome food for health. We've been told that we need the shakes and bars while logging 30 miles a week on the treadmill to attain health, but in reality, it's much simpler and a lot easier than most people think. That is what Foodist will teach you - how to be simply healthy and how to love the food that will get you there. You won't look at tomatoes the same way ever again.

I'm glad I read this book and it was very educational, but it took me almost a year to get through. I read at least 20 other books in the time it took me to read this, even though I was very interested in the content. She tried to keep the tone light, but so many footnotes and references make it more than a little dense at times. I'm glad the dense parts were there to back up her statements and theories, but it made the book drag on a bit. I would only recommend this to people very interested in nutrition who have some patience. I learned about it from this interview with her [...] and would recommend watching it before you buy.

This is a wonderful book for anyone trying to lose weight, wanting to improve their health, or just interested in learning more about the science of nutrition. It is easy to understand and provides

valuable, actionable tips that are applicable to everyone. That is not to say the author believes losing weight or maintaining a healthy lifestyle is easy - most of us know from experience it is not - but Dr. Rose breaks the science of nutrition into digestible bites that are easy to understand and remember without oversimplifying. She shows you how to turn guilty diet cheats into selective indulgences and failures into learning opportunities. No matter where you are on your quest to be healthy, look good, and feel well, Foodist will help you identify your "bright spots" to celebrate as well as your challenges to address and will guide you along the path to your own personal healthstyle.

This helpful book includes lots of easy-to-implement, practical, research-based strategies to help anyone make the right food choices. It's a celebration of good food.

This book arrived on time and in great condition. It was a gift for my husband and has lived it so far. I'll be sure to post an update with that he thought when he's done with it (which I'm sure won't be long!)

This book is just what I needed. It's plain, simple, down to earth with great explanations. The recipes are fabulous. I'm down 32 lbs with a few more to go but this book is awesome and I love her blog, Summer Tomato. Thanks to my daughter for sharing the blog, which lead me to her book. I highly recommend her book and blog for anyone wanting to eat healthier, become healthier and lose a few.

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