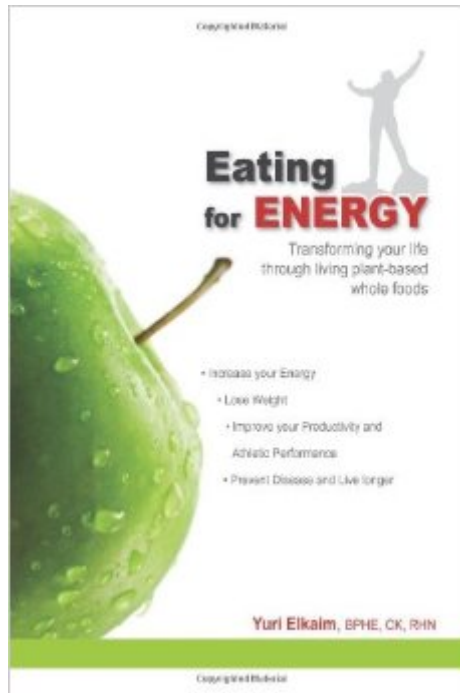


The book was found

Eating For Energy: Transforming Your Life Through Living Plant-Based Whole Foods



Synopsis

Learn the Astonishing Nutritional Truths That You'll Never Hear From the Medical Establishment, Dietitians, or Even Your Doctor. Thousands of Years of Real Life Proof, and Nature's Secrets to Abundant Health, Revealed for the First Time!

Book Information

Paperback: 332 pages

Publisher: lulu.com; 1 edition (April 10, 2008)

Language: English

ISBN-10: 1435710967

ISBN-13: 978-1435710962

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #501,642 in Books (See Top 100 in Books) #126 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #58391 in [Books > Health, Fitness & Dieting](#)

Customer Reviews

It is common knowledge that illness and obesity are plaguing North America in frightening degrees. We know it must be related to foods we are ingesting, but with so much conflicting information on the market, usually tainted by self-serving advertisers, it can be difficult to choose a diet that is truly wholesome and beneficial to our health. Yuri Elkaim's *Eating for Energy* provides some encouraging information about a "back to basics" approach to eating that just may save lives. As an athlete, Elkaim found that the diet he was consuming, which was high in fruits, vegetables, and protein, was not providing him with the energy he expected. His studies in Holistic Nutrition led him to discover a new way of viewing how the human body processes food. As a fitness and nutrition coach, he developed a diet based on whole foods that eliminates many of the toxins that are so detrimental to our health. *Eating for Energy* begins with quite a bit of scientific information. Elkaim explains how different foods interact with the human body, breaking the foods down into their smallest particles. He demonstrates why some foods were not meant for human consumption, and how the chemical makeup of certain foods is altered during the cooking process, negatively affecting the nutritional value. Elkaim's reasoning makes perfect sense. He explains why some people who believe themselves to be nutritionally fit are still plagued with health concerns and excess body fat. He also explains why someone who appears to be physically fit may not

necessarily be healthy. He provides a section specifically for athletes who may require a high caloric intake. There is a 12-week meal plan for transitioning to a whole foods diet.

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

Eating For Energy: Transforming Your Life Through Living Plant-Based Whole Foods 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss The Plantpower Way: Whole Food Plant-Based Recipes and Guidance for The Whole Family Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body Whole Foods Diet Challenge: 30 Day Whole Food Cookbook Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron) Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet Discovering the Word of Wisdom: Surprising Insights from a Whole Food, Plant-based Perspective Well Fed Vegan: 25 Best Plant-Based Recipes For Energy & Weight Loss (Good Food Series) Foxfire 2: Ghost Stories, Spring Wild Plant Foods, Spinning and Weaving, Midwifing, Burial Customs, Corn Shuckin's, Wagon Making and More Affairs of Plain Living Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple)

[Dmca](#)