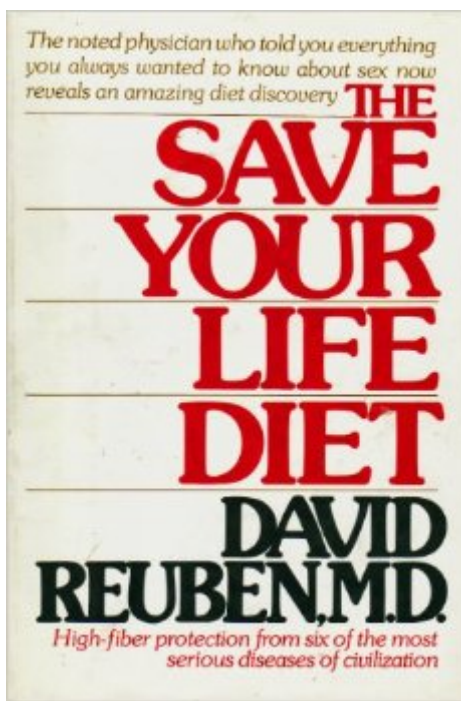


The book was found

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 Â 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 rithmatic, Health & Diet should be required from first grade and up. I'm they 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 ailes you). Your grocery produce section can be your pharmacy. Anyway, its a great book and it rubbed off on me. I think its 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 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 foreward more than 40 years, and I am substantually 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.

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

HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight

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 weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat))

[Dmca](#)