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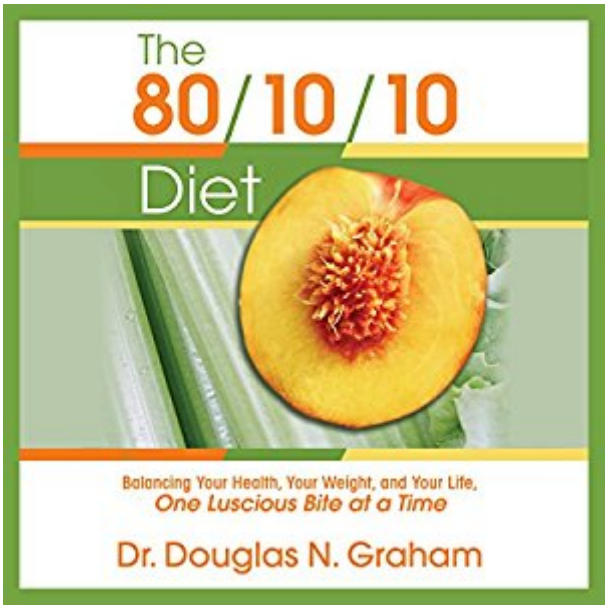
The 80/10/10 Diet: Balancing Your Health, Your Weight, And Your Life One Luscious Bite At A Time



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Synopsis

After more than 5 years of intensive work the definitive guide to the 80/10/10 Diet is here! Get your hands on the latest audiobook by Dr. Douglas Graham, The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time. If you have struggled with staying raw, would like to lose weight, or change your life for the better, look no further than this groundbreaking audiobook.

Book Information

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Customer Reviews

I have to say I am a fan of 80 10 10 at least as a general outline to eating. Not a necessarily fan of Graham, but don’t know him personally so I really can’t judge. Those that know him seem to like him though. Probably a better man than me. I just want you to know My recommendation is not because I am a fanboy of his.I no longer eat meat myself but don’t judge those that do. (On a side note, I feel better about not being an contributor to the cruelty of factory farming...check out Earthlings.com)And I believe that no healthful benefits come from eating a piece of dead tissue...especially cooked and dead. I continually research for more information on this subject an tweak and change along the path but not really veering too far away from a low fat, plant based diet. One that I personally feel we were designed to eat.I see a lot of complaints about this diet slamming adrenals, mal-absorption, not thriving, eating 6000 calories a day, etc.My take:...a lot of these problems people are having stem from previous diets, and genetics(from their previous diets), pharmaceuticals, as well as the state our food supply is in today (Pesticides, food picked and stored to ripen, dead soils, etc).These, as well as others, lead to health problems that almost always get back to toxicity, weakened

endocrine glands, acids, etc.Most people today are running around with weak adrenals propped up by stimulants from coffee, energy drinks, animal steroids(meat), drugs(pharmaceutical steroids), etc. You eat meat for your whole life, your adrenals quit making epinephrine and nor epinephrine (because you're eating it) so it makes sense that when you take it out of your diet your adrenals get slammed.

I have mixed feelings about this book. I think it is a well written book that has useful and important information - especially for raw vegans - but I also think the logic behind the book has some flaws and that anyone following this diet should use extreme caution.The book is well thought out, well written, well organized and interesting - I've read it twice and will probably read it again. I do think ALL raw vegans should read this book because Graham makes it clear that if you are going to be a raw vegan (and not starve for lack of calories) you have two choices - either to eat a diet high in fat (nuts, seeds, avocados, oils) to get your calories that way or to eat a diet high in fruit and get your calories that way. And he makes a convincing case that fruit is a healthier source of calories than fats. A raw food vegan cannot get sufficient calories from vegetables alone as they would have to eat something like 12 lbs of raw broccoli (or some other vegetable) a day to get sufficient calories and no one I know is going to do that.The "science" behind this book is called "natural hygiene" and it's what I call a unifying theory. A unifying theory is where someone looks at all the confusing data about a subject and comes up with a single theory they use to organize or make sense of all the data. An example would be Robert Young and the PH Miracle diet where his unifying theory for all of health and nutrition is that the body first and foremost tries to keep the blood at a specific ph level. The power of a unifying theory is that it can take a large amount of confusing and often contradictory data and bring some meaning to it - order out of chaos.

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