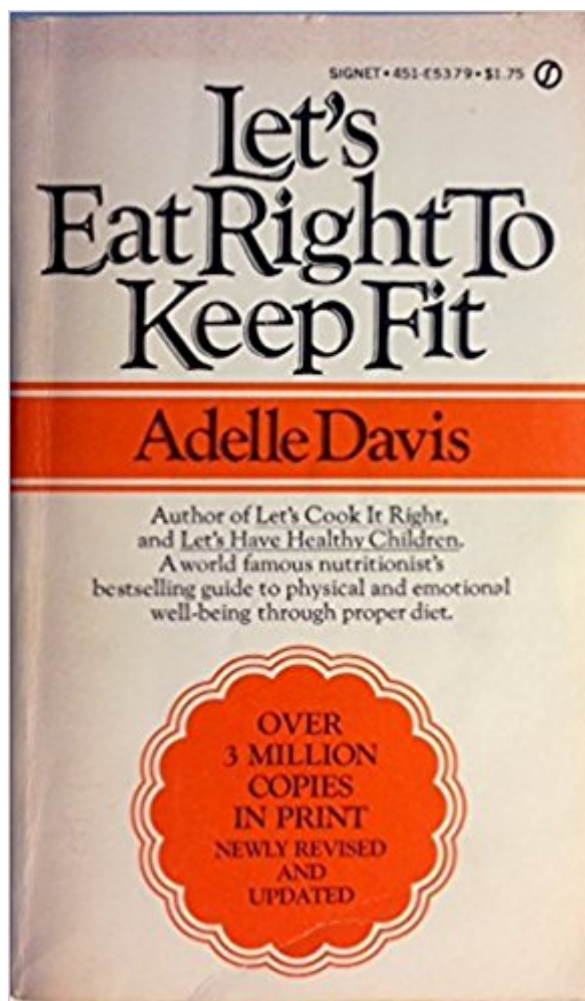


The book was found

Let's Eat Right To Keep Fit



Synopsis

Let's Eat Right to Keep Fit

Book Information

Paperback: 334 pages

Publisher: Signet Books; Revised edition (September 1970)

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Customer Reviews

Let's Eat Right to Keep Fit

I read this book initially in the mid 70's. It really inspired me to consider better eating habits, but I also saw the need to use vitamin and mineral supplements. I received a lot of flack when I tried to tell about some of the things she had researched and written only to be put down as a quack. At the age of 73 I enjoy excellent health and my golf game continues to improve. I was inspired to read more books on diet and nutrition, but stopped buying them because many are really bizarre. Judy Newberry

this is still a useful book by the Mother of the Health Food Movement written back in the 50's. I lost my copy that was given to me in the '90's so I had to purchase again to look up some info @ eczema. When this book was written a blood cholesterol level of 500mg/dl was considered normal by the medical establishment. Adele, using deer road kill studies of young adult healthy deer, hypothesized a level of 170mg/dl was healthier. You be the judge..

Super-important book. Everyone on Earth should read this. A vast & carefully indexed collection of

anecdotal information from Davis' long practice. Every bit of her work was researched using the UCLA Medical School Library - all mainstream research, & all done before the early 70s, when she died. Surprise! Most of what we read about as 'new' nutritional & supplemental information was info she was using in her practice - all researched quite awhile ago (re-done more recently, I guess). So much info in her books that can be life-altering in fundamentally good ways. Recommend.

I am really enjoying this book. Has some awesome ideas to try. Especially the one on calcium for pain. We tried it on the day we went to the orthodontist and daughter said it relieved her mouth pain in less than 10 minutes. So for that information alone the book is worth it. However it had some misinformation also like using margarine (hydrogenated oil). So, although some very helpful information you do have to use your mind and not just accept everything. I am glad I read it.

Adelle Davis fell from favor in the nutrition world after she got cancer and died. I've never understood that. Nutrition can help you have a better chance against cancer, but nothing has been found that will completely keep you from getting it. I still use this book and her other most popular one, Let's Get Well, to help me with understanding my nutrition needs. And I haven't found anyone currently writing that is so knowledgeable. There may be someone out there, but I haven't run across them yet. With Davis' books, I just look up whatever's bothering me and find out what to do. Hair falling out faster than normal? Try extra protein. Keep getting irritated eyes or styes on them? You may need more vitamin A (but might need to get it from Beta Carotin). After a long bout of "restless leg syndrome" I finally realized that I was low on magnesium, and sometimes on calcium. Davis would be the first to caution that you must be very careful, even with over-the-counter vitamins, but sometimes, you can avoid a doctor visit just by knowing what you're needing more of.

I came upon this book when I was holidaying at my mother's seaside cottage, on the eastern coast of Australia midway between Sydney and Brisbane, and she said that I should read it. Being an obedient son, as I am, I kept the book to read at a later time. My mother lived to the good age of 103+ yrs before passing on in June 2011. Throughout her life she only lived on good simple home grown foods, and this was the basis of the diet for her family of husband and five sons. When I had finished reading Adelle's book I was more than totally convinced that the manner in which our modern food chain has been compromised by genetic manipulation has been the primary cause of the increase in both physical and mental ailments in our society today. I myself, after following some of the advice in this book, have been able to eradicate my psoriasis and irritable bowel syndrome

just by adding brewers yeast to my breakfast and having two tablespoons of extra virgin olive oil prior to my evening meal. My mother's life is testimony to eating right and it is very much cheaper than building up the profits of multinationals like "The Golden Arches"

I have used this book for over 50 years as a guide to vitamin deficiencies. Some of it is very old but every time I have followed her advice about what to add into my diet or what supplements to use, the symptoms described go away. That is evidence enough for me!

I own several copies of this great book and buy copies for friends every chance I get. I haven't found anything in this book (from 1950) that doesn't hold true today. She was way ahead of current research and it is a wonderful reference book to keep on hand. I highly recommend it.

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