

# [PDF] God's Diet: A Short & Simple Way To Eat Naturally, Lose Weight, And Live A Healthier Life

**Dr. Dorothy Gault-McNemee - pdf download free book**

---

**Books Details:**

Title: God's Diet: A Short & Simple

Author: Dr. Dorothy Gault-McNemee

Released: 2000-11-07

Language:

Pages: 144

ISBN: 0609806750

ISBN13: 978-0609806753

ASIN: 0609806750



**[CLICK HERE FOR DOWNLOAD](#)**

---

**pdf, mobi, epub, azw, kindle**

**Description:**

**From Library Journal** Gault-McNemee, a physician in New Mexico who had been overweight most of her life, developed this unconventional diet "knowing that there really had to be a healthy way to eat good food and feel satisfied." The result of her own struggles and of working with overweight patients in her practice, this book, which she first self-published in 1996, uses as its guideline the motto "If God didn't make it, don't eat it." In other words, we should limit our intake to what we can pick, pluck, scale, or butcher. The book argues that we are slowly killing ourselves by what we eat,

especially refined sugar; another section gives case examples from the author's patients showing how effective the diet has been for them. A large part of the book is devoted to recipes; Gault-McNemee also includes lists of allowable foods, forbidden foods, and swing foods. Not all good, not all bad, and to be used sparingly. Her presentation is logical, building a convincing case for this lifelong eating plan. For consumer health collections and in public libraries.

-AMary J. Jarvis, Pampa, TX

Copyright 1999 Reed Business Information, Inc. --This text refers to the edition.

**From the Inside Flap** Dorothy Gault-McNemee is a medical doctor who had tried every diet she could find to control the weight gains that had plagued her throughout her life. As the founding physician of a busy health clinic, she also saw that overweight patients who were suffering from a variety of diseases were far worse off than those who had their weight under control.

As a result, Dr. Gault-McNemee began to examine what we eat and what our slimmer, healthier ancient forebears ate. They didn't have processed foods and access to sugar; they weren't consuming alcohol and foods that had been mixed with artificial ingredients they couldn't pronounce. They were eating what God put on this earth: meat, fish, fruit, vegetables, grains, and nuts. And thus was **God's Diet** born.

In other words, if you can't pick it, pluck it, pull it from the earth, or scale it, don't eat it. If you pick up a can or a package of food that includes even one ingredient that you can't identify, don't eat it. Dr. Gault-McNemee also cautions that far too many foods contain sugar as an additive, from cereal to bread to canned vegetables.

Prepare foods simply and avoid sugar, but while you're at it, have a steak and a baked potato with butter and sour cream.

In **God's Diet**, Dr. Gault-McNemee has compiled numerous case studies from her own practice; inspiring advice from people like herself, whose lives have been changed for the better; information on vitamins, minerals, and cholesterol; and menu-planning advice and delicious recipes. The doctor has also prepared three lists of foods: those which you can eat all you reasonably want, those you should avoid, and a "swing list" of foods that you may enjoy occasionally and with limitations.

**God's Diet** enables you to lose weight simply and naturally without having to remember any complex diet regimen. By incorporating simple habits into our lives -- paying attention to food labels, drinking eight to ten glasses of water a day, and exercising reasonably -- we can easily and radically change the way we live, while becoming healthier and living longer.

Never has there been a simpler or more logically thought out weight-control guide. There is nothing to count or exchange, no special foods to buy.

Everything you need to live a slimmer, healthier life is in your supermarket, if you follow the advice of Dr. Gault-McNemee, whose vast experience with fad diets and overweight patients led her to conceive this brilliant little book.

This truly is the last diet book you'll ever buy.

Remember, if God didn't make it, don't eat it! --This text refers to the edition.

---

- Title: God's Diet: A Short & Simple Way to Eat Naturally, Lose Weight, and Live a Healthier Life
  - Author: Dr. Dorothy Gault-McNemee
  - Released: 2000-11-07
  - Language:
  - Pages: 144
  - ISBN: 0609806750
  - ISBN13: 978-0609806753
  - ASIN: 0609806750
-