



# **God's Diet: A Short & Simple Way to Eat Naturally, Lose Weight, and Live a Healthier Life**

*Dr Dorothy Gault-Mcnemee*

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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!

*From the Hardcover edition.*

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