



The book was found

# The Guerrilla/Gorilla Diet & Lifestyle Program: Wage War On Weight And Poor Health And Learn To Thrive In The Modern Jungle



## Synopsis

Based on the author's personal journey in search of the ideal diet for human consumption following her suffering from cancer, weight issues, eating disorders and raising her two mentally challenged daughters with epilepsy which led her to study for three university degrees in the fields of medicine, nutrition, biochemistry, immunology and human behavioral science as well as countless diplomas in alternative medicine and therapies. The Guerrilla Diet and Lifestyle Program is based on her research, unbiased facts and over 20 years of clinical experience in search of the healthiest diet for human consumption. This book holds the secret to the ideal diet for humans which the food industry has been trying to hide from us. In fact, this diet is not really a diet, but rather a total lifestyle program backed by solid scientific evidence from many different scientific fields combined, including genetics, evolutionary science, anthropology, zoology, medicine, and nutritional sciences. This book holds the knowledge and step by step guidelines to apply the ideal diet for human consumption along with precise lifestyle habit changing plans to support you on your path to optimal health, vitality, and longevity.

## Book Information

Paperback: 282 pages

Publisher: CreateSpace Independent Publishing Platform (October 7, 2015)

Language: English

ISBN-10: 151767476X

ISBN-13: 978-1517674762

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #78,390 in Books (See Top 100 in Books) #50 in Books > Cookbooks, Food & Wine > Professional Cooking #51 in Books > Medical Books > Nursing > Medical Nutrition #796 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

"A diet and lifestyle guide based on evolutionary science... At the age of 16, Goldfarb (The 6 Principle Strategy for Creating a Successful & Happy Life, 2015, etc.) became obsessed with finding the perfect diet. At the time, she struggled with eating disorders, and as an adult, she faced two bouts of cancer. She now has multiple degrees in nutrition and medical science, and here, she analyzes the similarities between humans and gorillas to explore the diet that restored her health.

She divides the guide into two sections: the first traces evolutionary evidence of why her diet works, and the second outlines the lifestyle itself. Anthropology buffs will be impressed with the depth of Goldfarb's supporting research, which makes up two-thirds of the book. Epigenetics--the study of how genes are expressed, based upon external or environmental factors--provides the basis for her theory for the ideal human diet. Gorillas have much in common with humans, she says, but the foods they consume stand in contrast to the typical Western diet. In captivity, gorillas who were fed processed foods suffered from obesity, heart disease, high cholesterol, and sugar addiction; after returning to their natural high-fiber, low-protein, and low-fat diet, the animals thrived. Similarly, she says, humans would benefit from a return to the food that led them to succeed as a species. Goldfarb provides examples of the consequences of eating too much animal protein, dairy, and processed foods, which may scare any burger-loving American reader straight. Taking on a natural, mostly plant-based diet, she says, helps people break free from disease and general malaise. For readers who aren't convinced, Goldfarb provides evidence that leading an unhealthy lifestyle can predispose one's children to disease and early death. The description of the Guerrilla/Gorilla Diet is dissimilar to those of other diets in that it provides intricate scientific and historic explanations. Such comprehensiveness may almost be too dense for casual readers, but even those seeking a new route to better health will find detailed 12-week and 30-day plans to follow as well as a bounty of food charts. A highly scientific, impressively researched map to better health through a plant-based diet." -Kirkus review

"In the 21st century there has been a rise in illnesses and diseases from Alzheimer's and diabetes to autism. Have you ever wondered why this is so? Galit Goldfarb gives us a clue in *The Guerrilla Diet & Lifestyle Program: Wage War on Weight and Learn to Thrive in the Modern Jungle*. Galit shows us that, due to our eating and lifestyle habits, diseases are affecting us. Yes, we are living longer, but our quality of life is being quickly being eroded. Now the question is this: is knowing that you can live longer but be unhealthy worth it? I say not.Â Â 

Â Â The Guerrilla Diet & Lifestyle Program is power-packed with researched information to help you better understand and learn how the foods that you eat and how living a sedentary lifestyle affect your well being. Galit offers a 30-day Diet and Lifestyle Program that can benefit you in living a healthier and well-balanced life.Â Â 

Â Â Reading *The Guerrilla Diet & Lifestyle Program* by Galit Goldfarb was great for me. I had begun to adopt a more vegan and Mediterranean diet. For me, this is not merely a diet in the sense of starting something and then stopping once I have reached my weight goal. Instead, it is a way of eating for the rest of my life. Food does affect us in many ways and we suffer without a balanced lifestyle. Health issues cause rising health care costs due to medications, hospitalization, and surgery. Don't wait for a

health scare to make a diet and lifestyle change. Do it now. – Vernita Naylor for  
Readers' Favorite

Galit Goldfarb is dedicated to solving people's personal health crisis and modern day disease epidemic by empowering more people to take back control over their health by making better food choices, which will not only affect their personal health but also that of our future generations, our planet and the neighbours we share the planet with. Galit Goldfarb has worked within the health field for over 22 years. While working in different research laboratories and with many private clients, Galit has written eight books in the fields of health and personal development, including #1 Award Winning International Bestseller "The Guerrilla Diet & Lifestyle Program" based on her in-depth research into the ideal diet for humans. Galit runs a very active blog and was invited to give a TED talk on the "Ideal Diet For Humans". Galit is a Professional member of the American Nutrition Association, and the American Society for Nutrition, and holds a BSc (honours) in Biochemistry and Nutrition, an MSc in Medical Science with Distinction, studied Immunology for a Post Graduate Certificate and holds many diplomas in alternative medicine. Galit's mission is to spread the word of the ideal diet for humans so that more people can live healthy, happy and fulfilling lives. Galit offers workshops, speaking engagements, online programs and personal coaching. Galit currently lives at her beachfront home in Israel, with her second husband of 14 years and her four daughters. \_\_\_\_\_ Check out Galit's websites: GalitGoldfarb.com TheGuerrillaDiet.com EatRightForHealth.com – (Galit's Blog) HealthyBodyandMindInstitute.com (Galit's school) Obstacle2Opportunity.com – (Galit's Personal Development Website) Telephone: +972524764241

Having spent days in search of valuable working advice on dieting, I consider myself fortunate enough to come across "The Guerrilla Diet & Lifestyle Program: From Evolution To Health Revolution." The book is full of scientific research and entirely new approaches to the problems of dieting and lifestyle improvement, as well as totally new views on the existing methods. The fascinating research of gorillas vs. humans facts prepares the fertile ground for the seeds of further understanding of the 12 Week Guerrilla Diet and Lifestyle Program. The author gives a profound and very structured examination of the core reason for the different problems we encounter in search of improving our lives and health. The narrative of the book is very clear and easy to understand. With scientific research backgrounds, visual aids, tables of

comparison, charts, statistics, season food guides, this book represents a true and genuine guideline for everybody. The author also reveals the principles of healthy sleep and its connection to the quality of our lives along with really valuable and useful sleep recommendations. I became completely absorbed with the thorough and careful analysis on human health in ancient and modern times. How to leave the comfort zone and overcome our inborn fears of changes, how to make our lives better and worthy, how to develop a positive life attitude - these and many other aspects will become distinct and coherent to you. The book title indeed sounds like a battle cry to me, but with strategy and tactics from its pages, I know I can win this battle!

I have had a love hate relationship with dieting my entire life. I know for a fact that I am done with fad diets because they either don't work or make me feel very strange. I was looking for a scientifically-based diet and total lifestyle change when I came across Galit Goldfarb's "The Guerilla/Gorilla Diet & Lifestyle Program". This is someone who spent years studying and learning about nutrition and who also devotes the first half of her book to scientific evidence to back up her claims. Frankly, many of the diet recommendations were things that I had always suspected to be true or ones that just make complete sense once put into context. All very clearly explained and this is something that I am now implementing in my life. Definitely recommend this one.

I think the Guerrilla/Gorilla diet is such an awesome idea! Enough of that paleo stuff. Galit Goldfarb does a great job of describing the science behind the diet and lifestyle and why it can be beneficial for people. She goes into detail about every aspect and exactly how you can make the necessary lifestyle changes to succeed with the diet and become healthier. She actually cites her sources in the book too so you don't have to take her word for it about the scientific support for the diet. The Guerrilla/Gorilla diet is definitely something I'm looking forward to trying out.

Goldfarb's tireless research, university study and personal motivation really made this a good read for me: I feel a lot of trust in her through following her journey to the present. Her studies into 'Why Dieting Doesn't Work', I think, was some of the best advice I have ever read- it was insightful, researched and supported. A definite recommend.

In the 21st century there has been a rise in illnesses and diseases from Alzheimer's and diabetes to autism. Have you ever wondered why this is so? Galit

Goldfarb gives us a clue in *The Guerrilla Diet & Lifestyle Program: Wage War on Weight and Learn to Thrive in the Modern Jungle*. Galit shows us that, due to our eating and lifestyle habits, diseases are affecting us. Yes, we are living longer, but our quality of life is being quickly eroded. Now the question is this: is knowing that you can live longer but be unhealthy worth it? I say not. To help bring the point home, Galit provides a diet and lifestyle comparison to that of a gorilla. Why a gorilla? Galit believes that gorillas are similar to humans from the skeletal frame, body characteristics, family structure, brain, and human reproduction to cognitive behavior, and that we can learn a lot from this comparison. The *Guerrilla Diet & Lifestyle Program* is power-packed with researched information to help you better understand and learn how the foods that you eat and how living a sedentary lifestyle affect your well being. Galit offers a 30-day Diet and Lifestyle Program that can benefit you in living a healthier and well-balanced life. Reading *The Guerrilla Diet & Lifestyle Program* by Galit Goldfarb was great for me. I had begun to adopt a more vegan and Mediterranean diet. For me, this is not merely a diet in the sense of starting something and then stopping once I have reached my weight goal. Instead, it is a way of eating for the rest of my life. Food does affect us in many ways and we suffer without a balanced lifestyle. Health issues cause rising health care costs due to medications, hospitalization, and surgery. Don't wait for a health scare to make a diet and lifestyle change. Do it now.

The play on words and then the idea of this diet intrigued me enough that I bought this book. With the holiday season fast approaching, weight gain is always a given. This year I wanted to be a step ahead and have a plan in place instead of fretting over weight gain. This book is well written, factual and contains diet advice that I have not read elsewhere. I am going to start this diet plan tomorrow and have high hopes for success.

This unique book will assist you in developing a diet/lifestyle plan that is based on scientific research. This information is very much needed in today's busy world, and the presentation of this book makes it easy to implement these strategies in your daily life. Full of wisdom we can all benefit from. Highly recommended!

I am learning so much from Galit and her teachings, I found her work when I was in NYC, and loved the clarity and accessible language she uses to communicate an otherwise challenging topic! I am definitely inspired to continue in my journeys of learning about self-care and self-empowerment after reading this book.

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

The Guerrilla/Gorilla Diet & Lifestyle Program: Wage War On Weight And Poor Health And Learn To Thrive In The Modern Jungle Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo 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) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) 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) The Guerrilla Diet & Lifestyle Program: From Evolution To Health Revolution Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Gorilla Walk Gorilla Walk (Adventures Around the World) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet,

Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)