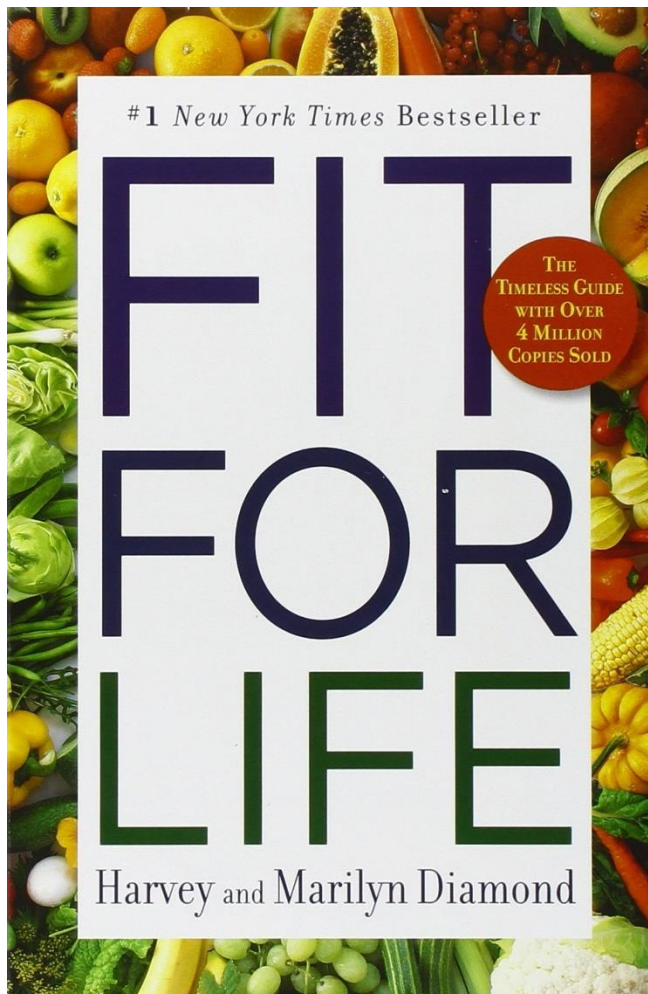


Harvey & Marilyn Diamond: Fit for Life Book Summary



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What Is Fit For Life?

Harvey Diamond's [Fit for Life](#) is a diet plan developed by Harvey and Marilyn Diamond.

The diet is formulated on the concept that eating a certain combination of food promotes good health. It also prohibits eating certain types of food altogether.

The diet primarily encourages eating whole grains and gradually eliminating refined grains and other processed food from your diet.

Food and exercise are the two important aspects of healthy living. You are what you eat, so when you decide to get Fit for Life, you should research the many diet plans which are currently on the market.

We have compiled a complete analysis of Fit for Life to help you understand the science behind the program along with the food combining chart and meal plan.

Fit For Life Competitors

How Did Fit For Life Start?

The Fit for Life diet plan is inspired by the Nature Cure movement and rooted in Orthopathy or Natural Hygiene.

It was started by Harvey Diamond and his wife, Marilyn Diamond who also authored the book, '*Fit for Life*'. The diet is based on the couples' exploration of the principle of food combining as explained by the theories of [Herbert M. Shelton](#).

The Diamonds also categorized food as either 'dead food' (highly refined) which harms the body or 'living food' (raw vegetables and fruits) which rejuvenate and [cleanse](#) the body.

Based on this principle, they came up with the Fit for Life program.

The Basic Ideas For Harvey Diamond Fit For Life Diet Plan

This diet is all about the good and bad combinations of food. 'Dead' food should be completely avoided.

Diamond believed that the wrong combination of food can cause the food to 'ferment' in the stomach. Here are the main points of the diet plan.

Dairy products can cause allergies and should be consumed rarely, if at all. They are not considered to contribute valuable nutrition.

Water should never be consumed during meals because it would dilute digestive juices.

Fruits should be eaten raw and fresh. They should be eaten alone without other food.

It is ill-advised to combine proteins with carbohydrates during meals.

The dietary principle involves consuming predominantly 'live' food with high water content.

When animal protein is eaten, it must not be eaten with complex carbohydrates. Fit for Life recipes Harvey Diamond offers lets us see what this diet offers each day.

Fit For Life Harvey Diamond – Breakfast

A typical breakfast in Fit for Life meal plan would consist of carbohydrates. They can be eaten alone or with vegetables.

Carbohydrates should not be consumed with animal protein foods such as milk, butter, or cream.

They should also not be consumed with fruits. There should be a profusion of whole grain (bread, muffin, bagel) in the servings. Fit for Life's food combination chart gives us an idea of the foods that should and should not be combined.

Fit For Life Recipes – Lunch

Lunch can be enjoyed in two different ways: by combining protein with vegetables or combining carbohydrates with vegetables. Combining proteins and carbohydrates in one meal is strongly discouraged.

For example, you could have carbohydrates in whole wheat bread with bean sprouts, grated carrots and add some lettuce, or steamed brown rice with stir-fried vegetables.

Protein foods will have vegetable salads with chickpeas (garbanzo beans) or red kidney beans and sunflower seeds. You might relish a steaming cup of lentil soup with a variety of vegetables and a drizzle of light oil-based dressings instead of milk or cream.

Fit For Life Food Combining Dinner

While breakfast and lunch are carbohydrate-loaded meals, Fit for Life diet recommends high-protein dinners. Diamond advises against animal proteins (except for organic eggs and fresh [fish](#)).

Some of the Fit for Life recipes for dinner include vegetarian chili with beans and lentils, or assorted vegetable and legume curry or stew.

Other stable dishes are stir-fried tofu with Asian vegetables, raw salad vegetables, and steamed asparagus.

Dairy Products In Fit For Life

Drinking milk or eating other dairy products such as butter, cheese, yogurt, pudding, cottage cheese, etc. is prohibited by Fit for Life [diet program](#).

The reason is that the human digestive tract is not designed to digest dairy products properly. This could lead to a number of problems such as allergies, IBS (Irritable Bowel Syndrome), or even Crohn's disease.

To alleviate this problem, Diamond offers a supplement. The USDA asserts that dairy products are the main source of calcium and recommends adults to have up to 3 cups of dairy products per day.

Dairy also supplies protein.

Fruits In Fit For Life Meal Plan

Fruits must be eaten alone or consumed as juice but never with other food. The diet also suggests that fruits be consumed early in the morning, not in afternoon.

This is because fruits have digestive enzymes with cleansing properties. It is very beneficial to eat them and activate the digestive system, according to [Livestrong](#).

Fit For Life Book

The Fit for Life book by Harvey and Marilyn Diamond explains the diet and lifestyle. This diet became popular in the 1980s and was a New York Times bestseller, selling millions of copies.

Through the book, Diamonds urged people to reject chemical additives and hydrogenated vegetable oil (popularized at that time as an alternative to butter). They advocated for veganism to increase energy levels.

Fit For Life Claims

Fit for Life Harvey and Marilyn Diamond claim that following their diet plan Fit for Life, will cause weight loss and prevent obsessions with counting calories and exercising vigorously.

A reasonable exercise schedule with the Fit for Life meal plan can help you get Fit for Life. In fact, Diamond claimed that mixing different foods can cause fermentation which would kill valuable nutrients and enzymes.

In the 2000s, the Diamonds launched FFL's Weight Management Program which uses genetic predisposition, metabolic typing, and "analyzation" to create a Personalized FFL.

This Fit For Life meal plan can be used for each individual throughout his or her life. In this version, there was no more talk of 'dead' and 'living,' but the emphasis was on enzyme-rich or enzyme-deficient foods.

They promptly began selling enzyme supplements called as nutritional supplements.

Fit For Life Ingredients

The Harvey Diamond Fit for Life diet recipes is mostly made of unprocessed whole foods.

The strategies of combining certain groups of food are not proven to improve health and have no strong scientific basis. The diet chiefly consists of:

- Whole grain foods
- Legumes
- Beans
- Raw fruits and vegetables
- Fresh fish
- Organic eggs
- Vegetable oils and seasoning
- Food with high water content

Does Fit For Life Work?

This diet focuses on lifestyle changes and eating habits. Because Fit for Life by Harvey Diamond and Marilyn Diamond was published several decades ago, several happy people have lost weight.

However, it remains unknown whether or not these people succeeded in losing weight because of the authors' insights or merely because of restrictions on their calorie intake.

Many have nothing but praise for the book and the authors but there are many others from the realm of nutrition and health have reservations about supporting this diet which promises weight-loss.

There are people who still consider it a fad, albeit one that has stood the test of time.

Fit For Life Benefits And Results

Though widely known as a diet for weight loss without causing adverse effects, Fit for Life is much more than just a diet program.

It is actually a healthier way of living. Unlike the many crash diets that cause you to lose weight drastically but bounce back to your original weight in a trice, Fit for Life by Harvey Diamond does not cause this yo-yo effect.

After the initial days of perpetual [hunger pangs](#), you will get used to (and even look forward to) short and frequent snack breaks. Healthy eating and proper hydration result in weight loss.

Details On Fit For Life And Weight Loss

The fundamental principle of this diet plan states that just by eating more amounts of the right type of food, you can alter your life, get into shape, and live happily.

The plan entails adhering to your body's natural cycles of digestion, assimilation, and excretion and eliminating highly refined grains from your diet.

Fit For Life 24

This is a premier all-week and all-day fitness center that offers free nutrition programs with a low membership fee of barely \$10 per month.

The center offers the most diverse fixed and free weights and has the widest variety of equipment which includes flat benches, squat racks, and many more.

Fit for Life 24 is the go-to fitness center for those who yearn to be Fit for Life.

How To Diet With Fit For Life

The first step is to divide your day into three phases or time pockets. When you adhere to this natural cycle of life, your body works best and everything else falls into place. Noon to 8 pm is the time for eating food and its digestion.

8 p.m. to 4 a.m. is the time for assimilation when your body absorbs and uses. 4 a.m. to noon is the elimination of waste. Once you follow this pattern, you can get Fit for Life.

The Good And The Bad FFL Food

FFL promotes eating fruit by itself earlier in the day when your stomach is empty. You must wait 30 minutes before you consume any other food.

Proteins should be eaten as a main course in combination with a large helping of vegetables as a side dish. Starches can also be eaten as a main course with vegetables.

Oils, animal fats, and dairy products cause indigestion, weight gain, and are likely to ferment in the stomach. Seed oils and nut butter are preferred.

Non-starchy fruits and vegetables with high water content and fiber such as zucchini, squash, cucumber, [collards](#), lettuce, cabbage, parsley, okra, [beet](#) greens, kale, asparagus, tomatoes, sweet peppers, and broccoli are recommended.

Garlic, leeks, shallots, radishes, and onions are considered irritants and should be used sparingly.

Fit For Life Food Combining Chart

The idea behind combining varieties of food is to complement nutritive values. Diamond strongly believed in this.

It is the basis for the Fit for Life food combining chart. Although the concept itself was around for decades, the Fit for Life book by Harvey Diamond served to popularize it.

This chart is a perfect guide for people who wish to learn which food combinations will work for them. Health Authority has a food combination chart.

The Fit for Life diet plan works around the food combining chart and natural body cycle.

Consequently, there is a restriction on what can be eaten and at what time of the day. The diet eschews the consumption of dairy products, animal protein, and processed food.

The diet also advocates certain combinations of food.

Diamond believed that when food was properly combined to promote good digestion, it will result in weight loss and also body energization.

Side Effects Of Fit For Life Diet Plan

One of the most obvious side effects is the overwhelming pangs of hunger.

The diet requires you to start the day with a bowl of serving of fruits. With a breakfast of a bowl of fruits, you will be counting minutes for the mid-morning snack, a whole wheat bagel or another bowl of fruit.

There are specific kinds of food which can be in combination, so the choice is quite limited. As a result, this diet can leave you feeling perpetually hungry, tired, and constantly looking forward to the next meal.

Fit For Life Diet Plan Warnings

The first complaint of skeptics is the lack of sound scientific backing for some of the diet's rules. Eating healthy whole grains and fresh produce is a welcoming start, but there are many claims which lack proof.

This is probably because the authors lack expertise in this field. They don't have the educational qualification, or training, or personal experience to validate their claims in the book.

This amounts to dishonesty and there was a lawsuit in this regard. There is no sound scientific proof for many of their claims.

Reception To Fit For Life Diet Plan By Scientists

Health experts and nutritionists have scant regard for the book by Diamonds and have dismissed it as sheer [quackery](#). Not only are Harvey Diamond's credentials widely disputed, but many of the book's claims have also been questioned by the scientific community.

The ideas propounded in the FFL diet have heavy leanings to [alternative medicine](#), especially on theories of how our bodies work. Some of the ideas are not acceptable by conventional medicine and others totally contradict scientific research.

Fit For Life Alternatives

The diet plan is similar to many plant-based, low calorie, high-protein diets and discourages the consumption of processed food.

This was a revolutionary idea at that time but there are several current [meal plans](#) and diets where people are more aware and conscious of their health and food habits.

The following diets could be regarded as alternatives to the [FFL diet plan](#):

The Seven-Day Hay Diet

This is based on combining certain foods and avoiding foods which can increase acidity levels in your system and hinder the digestion process. It is good for detoxifying and weight loss, says [Livestrong](#).

Three- Day Fruit And Vegetable Diet

According to [Livestrong](#), this is a detox diet that is prescribed to cleansing your system. Vegetables and fruits are rich in fiber, antioxidants, vitamins, and minerals and can help reduce the risk of heart problems, obesity, diabetes, and even cancer. This is followed only for three days, then a normal diet is resumed.

Two-Week Vegan Meal Plan

This is for those who are considering turning [vegan](#) or for die-hard vegans who want to try new delicacies. This collection of vegan recipes from the [PETA](#) website is a treat. There are ready-to-eat meals offered along with the conventional stove-top, steaming hot ones.

<https://www.dietspotlight.com/fit-for-life-review/>