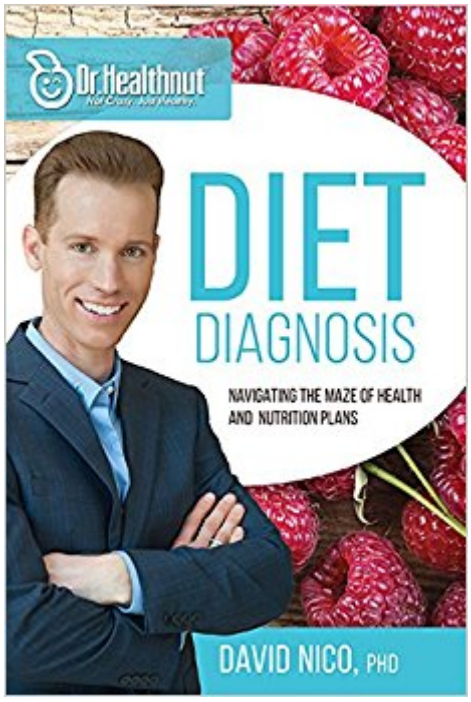
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Diet Diagnosis (Dr Healthnut): Navigating The Maze Of Health And Nutrition Plans



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Synopsis

HOT NEW RELEASE... Nutrition #1 BEST SELLER... Medicine & PsychologyÃ Â BEST SELLER... Diets & Nutrition BEST SELLER... Food Additives BEST SELLER... Antioxidants & Phytochemicals Many diet plans are promoted as "one size fits all." But each person is unique and has specific needs and preferences.Ã Â Diet Diagnosis: Navigating the Maze of Diet and Nutrition Plans will show you how to choose the program that is best for you, while providing practical tools and effective principles that you can implement step-by-step.No matter what your current health status, David Nico, aka "Dr. Healthnut," will help you to reach your highest level of wellness possible, including a healthy weight. Dr. Healthnut says, "Healthnuts are not really 'crazy' they're just everyday people who want to make healthier lifestyle choices."Maybe you've had your ups and downs as you've tried to maintain good eating habits, producing a vicious cycle of lifelong weight problems and risk of disease. Or, perhaps you feel perplexed by the conflicting opinions expressed in the media about the "best" foods to eat, so you wonder just what the right foods to incorporate into your daily meals.Achieving wholeness in your life requires multiple dimensions of health. Yet, as you take progressive steps toward healthier eating, you will be on the road to wellness. By changing what, why, and how you eat, you can experience optimum health.The healthnut life: "Not Crazy. Just Healthy.

Book Information

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Customer Reviews

"Nico’s enthusiasm for sharing the Healthnut way--a lifestyle guided by informed choices that enable

physical and spiritual vitality--shines throughout this comprehensive guide on how to be a thoughtful food consumer. From toxins to fad diets to GMOs to cholesterol, Nico speaks to the hot topics at the edge of nutrition to make his points accessible to all readers interested in addressing health where it starts: on your plate." --Michael F. Roizen, MD Four-time #1 New York Times best-selling author "More than just another weight-loss book, David Nico's Diet Diagnosis coverseverything from detoxification to intermittent fasting, creating an easy-to-applyroadmap that helps you successfully navigate the ever-changing world offat loss and optimal health to become your best self. A must read!"--J. J. VirginNew York Times best-selling author, The Virgin Diet"When one is ready to make a change and choose life, this information is necessary. David’s book can help you in your transition. You can abandon your past and let this book become your life coach on the journey to better health." --Bernie Siegel, MD New York Times best-selling author, The Art of Healing and A Book of Miracles"If you are among the millions of Americans who struggle with obesity andare bewildered by the hundreds of diets that have come and gone, let Dr.Healthnut be your guide. This book is based in good science and good sense.Dr. Nico’s advice honors the integration of body, mind, and spirit, withoutwhich food doesn’t nourish and diets don’t work."--Larry Dossey, MDFormer chief-of-staff, Medical City Dallas HospitalNew York Times best-selling author"Nico's enthusiasm for sharing the Healthnut way--shines"--Michael Roizen, MD"A must read!"--JJ Virgin"Your life coach--to better health."--Bernie Siegel, MD"Helps you truly nourish your body!"--Dr. Izabella Wentz"What a fantastic book!"--Jeff Levin, PhD, MPH"Powerhouse book of tips!"--Hyla Cass, MD"Honors the integration of body, mind, and spirit, without which food doesn't nourish and diets don't work."--Larry Dossey, MD"Wonderful reference to help guide us through this nutritive maze."--Julius Torelli, MD, FACC"Easy healthnut steps to move from disease living to healthy living."--Nathan Goodyear, MD, FAARM"A comprehensive collection of almost all of the sensible diets available."--Warren Levin, MD, FAAFP (ret.), FACN, FAAEM"A recipe to live by."--Walter Bortz,Ã Â MD"Clear systems for being as intentional about success in your health as you would expect in business."--Dan Miller"Tell your friends and family members to get this book!"--Dr. Mary Ruth Swope"Lose weight, sleep better and have more energy -- all day long!"--Brian Tracy"Packed with great information."--Beni Johnson"A valuable resource for you."--Ross Pelton, RPh, PhD, CCN"The definitive guide on the what, why, and how of diet and nutrition."--Christopher P. Neck, PhD"A credible voice in the world of health and wellness for many years to come."--Alan W. Gruning, DO, FACOEP"Gives you the blueprint to end the diet cycle."--Trent Orfanos, MD"A clear plan for lasting weight loss success."--Michael A. Smith, MD"Spot-on ultimate resource!"--Holly Lucille, ND, RN"Nico is a Healthnut master"--John La Puma,

MD

David Nico, "Dr. Healthnut", is the forerunner of the healthnut movement and the author of the inspiring book Diet Diagnosis. His passion is to help leaders live well so they can model vitality, inspire vision, and create legacy--he’s like a one-stop-doc for wellbeing. With a multidisciplinary experience, education, and training, he is an advocate for wholeness in spirit, soul, and body. Please connect with David at drhealthnut.com, @drhealthnut twitter, and Facebook.com/drhealthnut.Ã Â

Diet Diagnosis by author David Nico, PhD is a hardcover 283 page book by Whitaker House Publishers. The front cover says "Navigating the maze of health and nutrition plans" and refers to the author as Dr. Healthnut, not crazy, just healthy. This book was not what I expected but thoroughly enjoyed. The author talks about all different types of diets, Standard American, Fasting, Vegetarian, Protein, Carb, Gluten-free, just to name a few. He gives a recap along with pros and cons for each diet. He was unbiased on his assessment of them. Not every diet works for everyone. Even the same diet does not work all of the time for the same person. I hadn’t thought about that before but it is so true.Throughout the book are "healthnuts" blocks which are little tips or points to help readers. In the Foreign Toxin chapter one read "Request no sauce and no MSG at restaurants". In the Nourish chapter one there read: use only real, cultured, or fermented dairy and local eggs. Each block has three tips.Author Nico inspires readers to live a healthier lifestyle in all areas of their lives - physical, mental, and emotional. His way of writing is such that he makes everything easy to read and understand. He provides lists and charts to aid in this. It is an interactive book causing readers to reflect, hope, and aspire to accomplish things they previously had not been able to do. Near the back of this book is a Healthnut Life 7-week plan accompanied by examples on how to proceed with positive goals and activities on a week by week basis. There are lines for awareness, hopes, actions, appointments, and a weekly score. This is a great diet/health book. It is a wonderful reference book to turn to again and again. It is encouraging and inspiring. I would recommend this to everyone. I rated it a 5 out of 5 stars. A copy was provided for my honest review from The Book Club Network.

I really enjoyed this very informative book, The cover and layout were very attractive and inviting. It had everything, excellent biography, endnotes, beginning steps to follow a diet of your choice. Everything from fasting, toxins, gmo --all the information and more was there. I especially liked the

high lighted and boxed pros and cons to every type of diet. There is no one diet for everyone, we are all so very unique, this book will point you in the right direction and take your whole body mind and soul into account. I received this book free for making a honest review, and I can honestly say, I would buy this book and use it as a reference. A five star addition.

I like that this book offered you a lot of information. I found it to be helpful. I really appreciated the author mentioned that the goal is to have quality of life not just quantity.We need to have the right mindset when we want to change our health habits. I would recommend this book to anyone who really want to live a healthy lifestyle.I received this book for free from Bookfun.org in exchange for an honest review. This review will be posted on , Barnes & Nobles, Goodreads, etc.

There are many books on the market right now about diets. Some tell you to eat this and cut down on that which can become confusing. In this very well written book, the author has outlined in detail a step by step program. He also gives you reasons for this plan which I found very encouraging. A lot of diet books focus on how to lose weight, but forget that there are other factors that need to be considered in order to achieve your goal. With this book, you get the total package.Thanks to DIET DIAGNOSIS we are able to focus on body, mind and soul. They all need to work together for a diet to be successful. I loved how the author has the chapters laid out giving you pros and cons that guide you so your entire body can be healthy. The food choices we have today can be overwhelming , but with this book it helps guide you to make healthy choices. I loved the Healthnut Life 7- week plan at the end of the book. It is a great resource to help readers make choices that are healthy and be more informed about food .Thank you for a book that encourages a healthy living with positive reinforcements and activities that start you on your goal to be healthy. I highly recommend this book for everyone looking for a better way to get healthy and stay healthy.I received a copy of this book from The BookClub Network for an honest review.

I have seen and reviewed my fare share of diet books and this one is 5 stars hands down. Dr Healthnut (David Nico,PhD) gives you not only the reasons behind his plan but step by step programs. Not every diet works for every person that is why this book is so wonderful. He not only focuses on your body but your mind and soul. Each chapter has a pros and cons box to guide you as well as Healthnut things to do for your entire body to promote optimal health.There are so many myths and misunderstandings about our food today than in years past. In today’s world we have so many choices it is hard to make the right one without help. That is exactly what this book is, help!At

the end of this book he has a Healthnut Life 7-week plan and examples on how to proceed with positive goals and activities. If you are looking for a healthy start to the new year or just want some more information on food this is your book.Thank you and God BlessI recieved this book from The BookClub Network for an honest review.

This informative nonfiction book is not just one to read and set aside, but one to keep for handy reference and a proven plan for healthier living and losing weight. ThatÃƒÂ¢Ã â ¬Ã â„¢s why the author is called the Healthnut, and itÃƒÂ¢Ã â ¬Ã â„¢s a way of life that would be beneficial for all. Why live sick and tired when you can be fit and hopeful? This volume encourages readers to take personal action to form healthy habits that will last a lifetime. Learn the causes of obesity and the problems with diets, which foods are healthy and which are ÃƒÂ¢Ã â ¬Ã Å“fake,ÃƒÂ¢Ã â ¬Ã Â• and how to transform your life and health. I recommend it to all. I received this copy from Book Fun Club in exchange for an honest review.

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