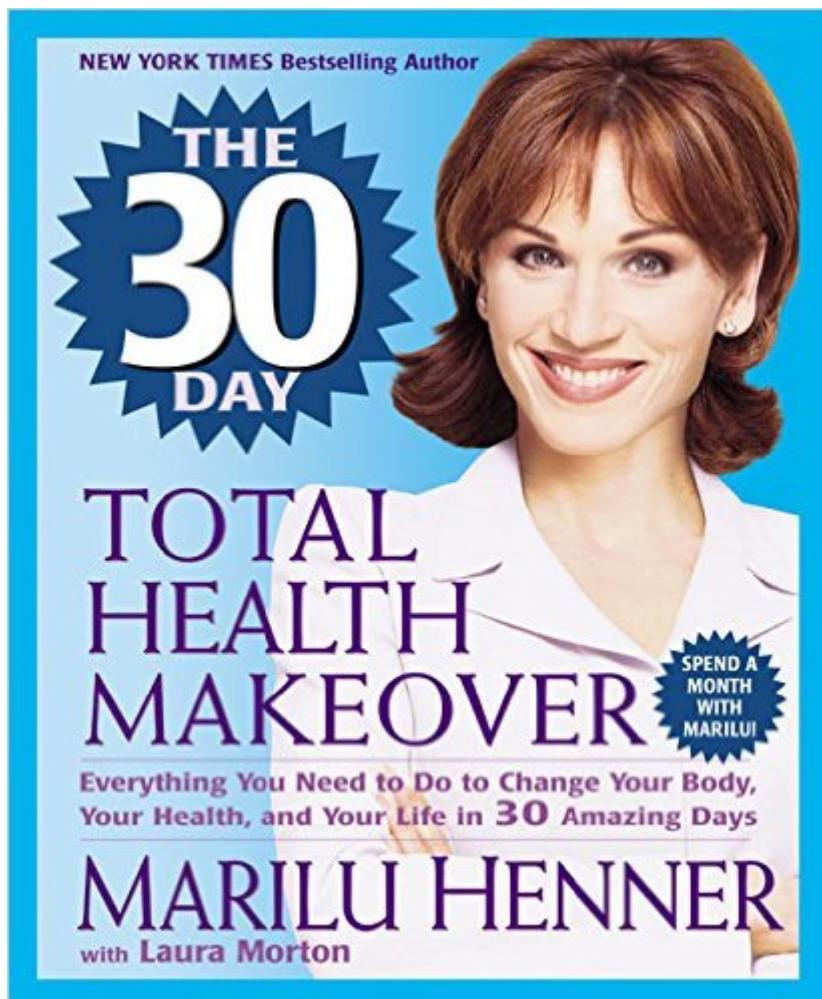


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# The 30 Day Total Health Makeover: Everything You Need To Do To Change Your Body, Your Health, And Your Life In 30 Amazing Days



## Synopsis

Are you ready to make a change? Spend a month with Marilu! "Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better." -- Marilu

## Book Information

Series: Total Health Makeover

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## Customer Reviews

I wasn't expecting much when I started this eating plan, but was pleasantly surprised. I DID feel much better. However, the food combining theory can be a little confusing, and the book needed to be a little clearer on substitutions. The recipes are tasty, but although none of the recipes call for adding salt, there is a prominent use of Tamari/soy sauce which is in itself high in sodium. If you are watching sodium, you might want to use another type of seasoning. Some of the recipes for example called for Sea Bass and/or Red Snapper and Ahi Tuna (the Sushi grade kind). At my supermarket, the sea bass was \$20.00 lb., I can only imagine what the Ahi tuna costs! I just substituted plain old tuna, and either cod or tilapia for the sea bass. Also, the menus needed to be planned better to utilize your leftovers. For example, I baked the "Mary Ann's Corn Muffins" recipe, which made 12 muffins. We were supposed to have them for breakfast for that one day, and nowhere on the plan did they appear again! So the next day, there was another different breakfast, with no usage for the leftover muffins, and no information on what to do in these cases. Some of the recipes that did allow you to use leftovers the next day, happened to be the recipes that made very

small portions to begin with, so there WERE no leftovers! UGHHH! Also, you need to have a restaurant size icebox for all the veggies and ingredients. I found myself going shopping more frequently, running all over town to different stores to get some of the ingredients. Luckily, I live in an area that it's easy to find the different ingredients. If you are a working person, you will need to cook things the day before you need them to have it all ready on some occasions.

This book was just the perfect follow-up to her first book, because although I understood her principles I need help on exactly WHAT to eat! It is just what the doctor ordered. I ultimately have 20-34 lbs to loose, according to my doctor, and found this to be a perfect lifestyle change for me. I identified with Marilu's personal story in the first book. I have always had that layer of chubbiness and didn't realize that the dairy products were keeping me feeling and looking bloated. When I started reading her books I didn't feel like I had enough willpower to change my lifestyle enough to loose the amount of weight I needed to. This book has helped me find the motivation and discipline I needed. I have lost 8 lbs in 24 days. I am single and cook for myself. I am a working girl who finds time to workout, even if it means going to the gym at 6 am before work or 6 pm after a hard day. Yes- this lifestyle (not a diet!) requires self control. This is not a quick fix. Yes, the food is expensive. I have spent around \$200 on each grocery list for the week, but I know that many of the items will last me months because I won't have to rebuy everything. Yes, you do eat fish. Marilu is a vegetarian, but this book is not called "How to Be a Vegetarian." If that was what you were looking for than you should read more carefully. She never professes that everyone should become a vegetarian. Each of us have to adhere our diets to suit our bodies. Hey, some people are unaffected by dairy and want to keep it in their diets. I found that eliminating it was key FOR ME. This is your body and you have to learn to manage it yourself. Stop whining.

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