

SUMMARY

This book presents a very unusual, and indeed original, approach to the issue of living healthy, conducting a long and active life yet staying fit, and keeping the body weight under control. The diet rules offered (the **Ten Golden Rules**) are based on what might be considered a controversial view – most of the time ignoring the edicts of official science – that requires a paradigm shift. Still, evidence is offered supporting the validity of these rules thereby calling for due attention to be paid.

Ivan D.'s book is the first one to demonstrate that, given some minimum nutrition- and energy-balance requirements are met, "**what/how-much we eat**" is secondary to "**how/when we eat**" with respect to health, fitness and body weight. "My Diet" is – to the best of our knowledge – also the first publication on the theme paying full attention to the **water** that we drink as well as analysis of **ALL** other factors affecting our wellbeing, sexual activity being the most notorious among them. The concept presented provides a clear explanation as to why it was that the official science has altered so many times its stance towards food ingredients, alcohol, coffee etc., in the past 25 years, and shall continue to do so. The author's stance is that primary for our health is a set of several behavioral factors, secondary is the water and water-based drinks, and only tertiary comes the food.

In addition to the comprehensive dietetic system, the book contains a clear warning about the ever-expanding list of unhealthy chemicals used in retail food products and the public's growing dependence on them.

Arguably, "My Diet" could have been entitled "The Ten Secrets of Staying Healthy, Fit and Lean Throughout a Lifespan."

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