

Harvey and Marilyn Diamond
World Bestselling Authors of *Fit For Life*

FIT



FOR LIFE II

LIVING HEALTH

The Complete Health Programme



FORMERLY PUBLISHED AS
LIVING HEALTH

CONTENTS

PREFACE	xv
INTRODUCTION	xix
PART I—Then and Now	1
1. New Information	3
2. Looking Back	9
3. Why Do We Do This Work?	24
4. Review of the Principles	28
PART II—The Elements of Health	45
5. Introducing the Elements of Health	47
6. Air	62
7. Water	92
8. Food	110
9. Rest and Sleep	134
10. Exercise	142
11. Sunshine	185
12. Loving Relationships	192
13. Cleanliness, Pleasant Surroundings, and Quiet Moments	214

CONTENTS

PART III—Special Concerns	229
14. Animal Products	231
15. For Our Children	270
16. Our Children Have the Right to Be Fit for Life Too	286
17. Detoxification—What to Do During a Crisis	306
18. Questions Frequently Asked	320
19. Two Weeks of Living Health	341
THE LIVING HEALTH COOKBOOK	351
Introduction	353
Fourteen Days of Living Health Menus	359
Juices and Smoothies	366
Fruit Salads and Sauces	374
Vegetable Salads and Dressings	378
Vegetable Dishes	392
Soups, Sandwiches, and Rolled-Up Yummies	402
Potatoes and Grains	414
Pastas and Sauces	425
Muffins, Biscuits, and Scones	430
Fish and Chicken	434
Nut Milks, Shakes, and Frozen Goodies	437
CONCLUSION	441
BIBLIOGRAPHY	445
INDEX	472