



The Life-Transforming Diet.(Brief article)(Book review)

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The Life-Transforming Diet

David J. Zulberg

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Based on health and psychological principles of the Medieval Jewish philosopher Maimonides and other classical sources, "The Life-Transforming Diet by David J. Zulberg also incorporates contemporary health and nutritional principles from modern medicine. Zulberg presents a gradual, step-by-step implementation of dieting that does not require the trauma of 'going cold turkey' in terms of altering food consumption. Providing practical and applicable insights into how bad habits are formed, and presenting 'user friendly' tips for replacing them with good eating and health inducing habits, "The Life-Transforming Diet" includes a well-rounded exercise program that is economical, simple, quick and easy. Of special note is a 'Do-It-Yourself' support system that can be conveniently accomplished every day in only minutes. "The Life-Transforming Diet" also addresses the need for a realistic maintenance program so that the health and excess weight goals once achieved, do not regress. Especially appropriate and strongly recommended for those seeking to remain kosher while addressing their dietary needs, "The Life-Transforming Diet" has been approved by rabbis, doctors nutritionists.

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