

Contents

Preface	xi
Acknowledgements	xvii
Introduction	xxi
Booklet One — T.H.E. Diet	1
Chapter T — Ten Glasses of Water a Day	5
Chapter H — Halve Your Daily Intake of Food	11
Chapter E — Exercise — Walk 10,000 Steps a Day	17
Motivation	27
In Praise of Water	49
In Praise of Exercise	53
In Praise of Fruits and Vegetables	59
Conclusion	63
Summary	67
Booklet Two — T.H.E. A_{2z} Diet	69
T.H.E. A _{2z} Diet	73
Basic Science of Nutrition	85
FAQ's	103
Appendices	115