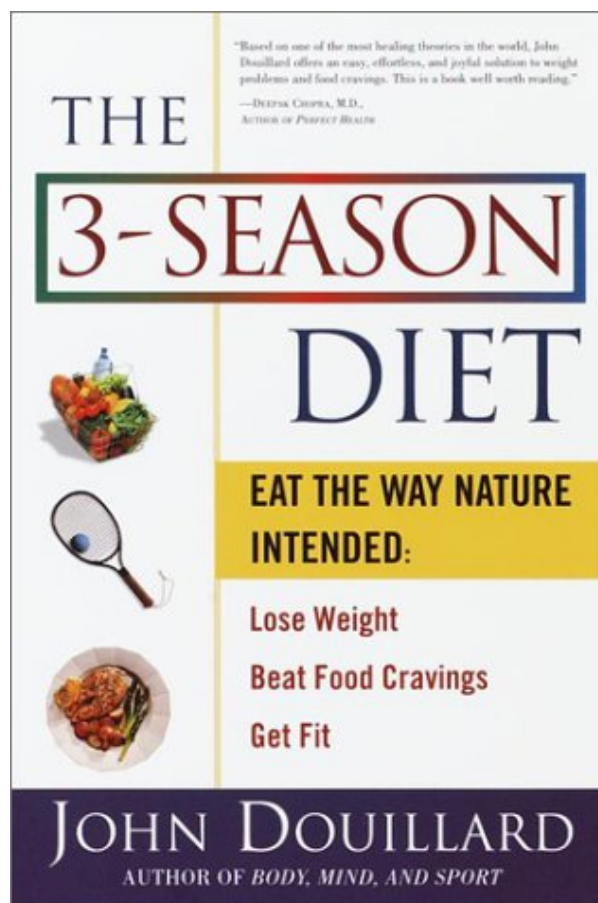
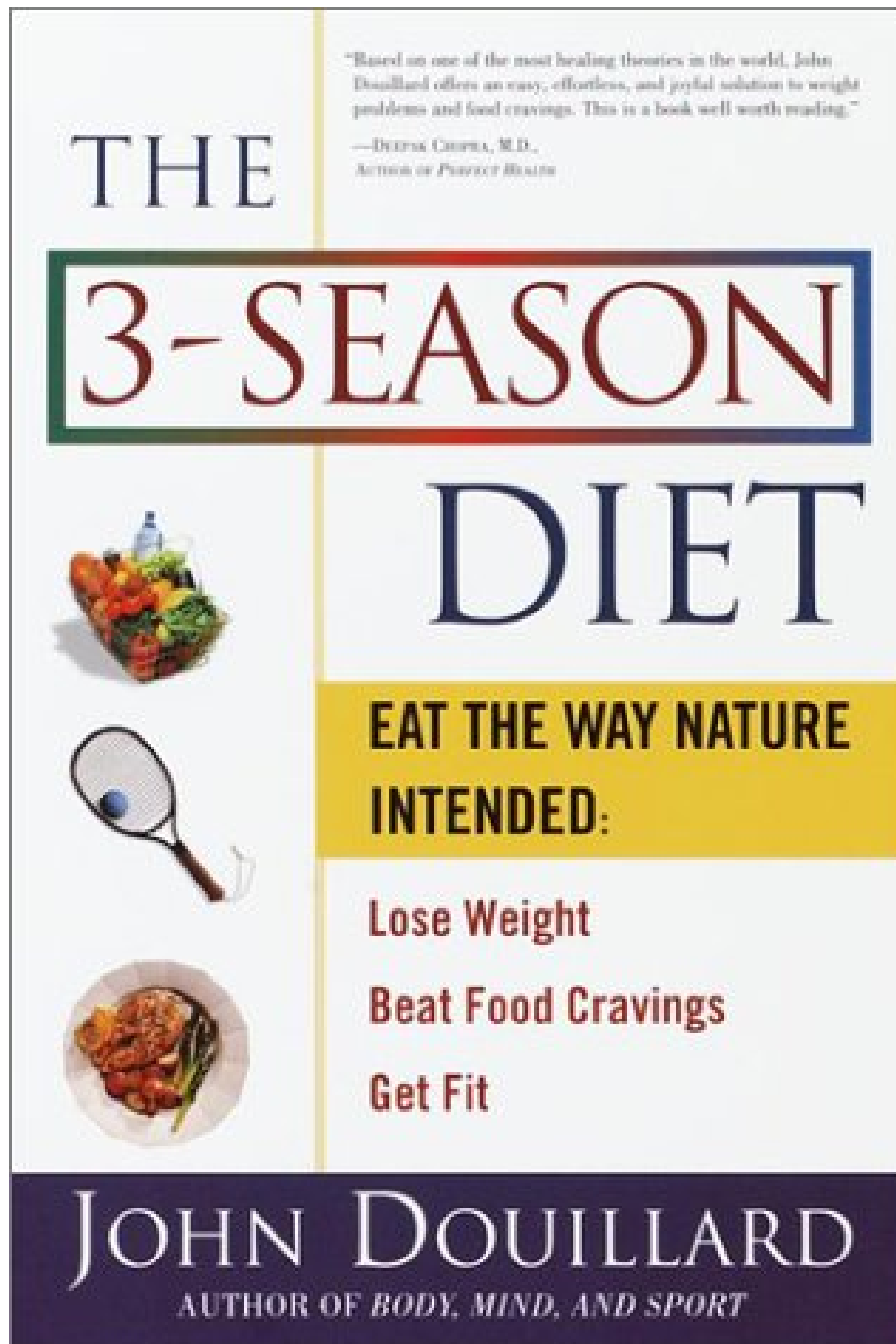


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## Review

"The 3-Season Diet is very informative. It helps me on game days, when I need energy most. This book is a winner."

-- Kendall Gill, team captain, the New Jersey Nets

## From the Inside Flap

- \* Do you drink coffee in the morning to get your day started?
- \* Do you work through lunch?
- \* Do you crave sweets or a nap in the afternoon?
- \* Have you tried losing weight in the past three years and given up?
- \* Do you tend to have bouts of worry, anxiety, and depression?
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Derived from a 5,000-year-old traditional medical system, the 3-season diet does what no other diet will: work along with the body's natural response to the changing seasons, feeding it what it craves and can best utilize at all times. In spring, for instance, we want salads, berries, and leafy greens, a naturally low-fat diet. And in winter, we yearn for hearty soups, nuts, warm grains, and high-fat and protein-rich foods such as fish and meat. Following the foods that nature provides seasonally creates the best diet for balancing weight, mood, and energy for anyone living anywhere on earth.

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Most helpful customer reviews

58 of 58 people found the following review helpful.

Best Diet and Nutrition Book I Ever Read!

By OceanWaves

I read this book years ago after having sworn off other diet and nutrition books. I had tried them all (raw food, macrobiotic, etc). Dr. Douillard's book helped me learn to listen to my body and adjust according to the seasons.

The 2 biggest insights this book gave me:

1. Eat 3 meals a day, no snacks, biggest meal at lunch, eat a light early dinner.
2. Eating with the seasons.

I used to be a grazer and constantly snacked and usually ate my big meal for dinner at the end of the day.

Dr. D's way of eating took some adjustments. The first few days I tried eating a large, relaxing lunch during the work week without any distractions I felt awkward and worried that I was wasting time. (I almost always ate at my computer while I worked).

But I was quickly hooked, and have been for 4 years now! When I eat a large, relaxing lunch my digestion is strong, I have no cravings, and I stay energized and focused all afternoon.

I also switched to eating an early, light dinner which has been the single most important tip I can pass on to anyone who struggles with belly fat or insomnia. I wake up brighter and perkier too.

Sometimes I get lazy and rush through my lunch or eat a decadent dinner late at night and I am always immediately reminded that it just doesn't work for me.

Eating with the seasons helps me stay attuned to nature's natural detox cycle. (He explains it in detail in this book).

This has been so profound for me that I continue to recommend this book to friends and clients, and have had the joy of watching them enjoy the same benefits: balanced weight, less cravings, more energy, better digestion, and less colds and flus.

I hope this book has been as beneficial for you as it has been for me.

65 of 66 people found the following review helpful.

Great book!

By A Customer

As a person interested in nutrition and holistic approaches to health, I read and used concepts from this book and in my opinion it deserves a five star rating! The techniques the author presents work, and the plan is really easy to do. I lost weight and felt better incorporating the "large mid day meal" concept and it works well for my busy household to eat more lightly in the evening, not to mention my digestion. Sometimes I just have to depart from the "seasonal" concept of which foods to select (gotta have that almond butter!), but overall it makes good sense to eat what is in season...it is always fresher and tastier! His recommendations on arising earlier in the morning and going to sleep earlier at night are also solid basics to regain and keep ones health. This book is a definite keeper!

45 of 50 people found the following review helpful.

Good

By A Customer

I believe this author is on to something in his theory about eating "with" the seasonal harvests and cycles of nature. Looking back at my own dieting "history" and the various types of diets I've tried, I can see why they were successful or not, depending on the time of year I attempted the diet. He proposes that people should eat high protein/high fat in the winter, low fat low cal in the spring, and high carb in the summer. The duration of the shifts are dependent on what basic body type you are--summer, winter or spring. So in looking back, I can see why a high carb diet was successful for me in the past, since I started it in the summer, and a high fat/high protein also was successful for since I started it in the winter. It also explains why they worked for me initially but stopped working as the seasons changed and I ended up abandoning the diets.

I feel the book is slanted towards his own body type, and those that are the same as he would benefit the most from his book. I also wish the author would have explored the topic in a more in-depth fashion.

See all 72 customer reviews...

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