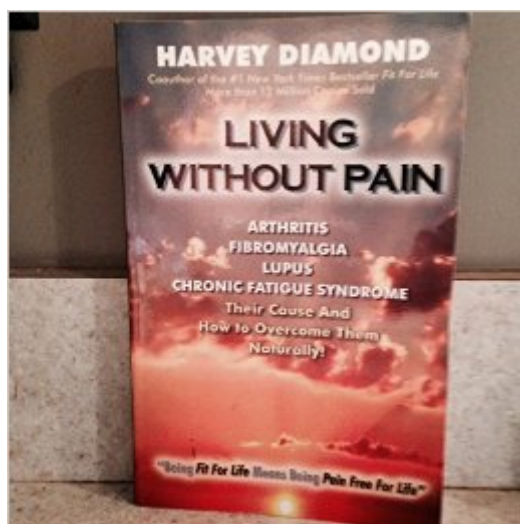# Living Without Pain

Book Information

Paperback

Publisher: VP Nutrition; First Edition edition (2005)

ASIN: B002E6L520

Product Dimensions: 8.4 x 5.5 x 1 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,392,811 in Books (See Top 100 in Books)   #39 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus   #307 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia   #6012 inÂ Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

I just read the book this evening. It starts out with basically discrediting the medical profession's view towards these diseases as autoimmune in nature. Rather, Diamond feels that they result from a build up of toxins that are stored in the body's connective tissue. The rest of the book is geared toward ridding the body of said toxins and eating in such a manner that prevents the body from storing those toxins ever again. Most of it centers around ensuring that your body's energy is spent clearing out toxins instead of all on digestion. Step 1: Eating nothing but live foods or foods with enzymes (uncooked raw fresh fruit, veggies, unpasteruized/uncooked juice, seeds, nuts)for 7 consecutive days every month for six months. Step 2: Eating only fruit/fruit juice before 12pm and eating fruit correctly (by itself, not with other foods) [Diamod explains why that is in the book]; eating at least 1/2 diet of live foods; pairing food groups to streamline digestion - protein with veggies & salad or starch with veggies & salad, because starch and protein require two different stomach acids that cancel each other out and slow digestion. Step 3: taking digestive enzyme supplements whenever you eat foods that are cooked and thereby "dead".The book was written in a easy to understand format. There was good information, but the author definitely goes on rants about his opinion about something or other throughout the book. He purportedly does not endorse products often, but he was sure trying to sell at least 6-7 products at the end of the book, which was annoying, but all things considering, I'm glad I read it because I'm researching alternative ways to fix my health issues beyond indefinitely taking pain meds.As I have just read this book, I obviously can't give any input to the effectiveness of his recommendations. I do hope to try some of them as I am suffering from joint pain and other symptoms of what my doctor says looks like an autoimmune

condition.

I tell everyone who will listen that food combining is so important. I had very painful, spasms in my heel from tendonitis for a long long time and the doctor just kept telling me to stretch it. No help at all. Then I started this food combining. Who would have thought that it would have had anything to do with it? But it stopped. and hasn't returned. I believe my aches are all on the run now and I have this amazing information. Sad thing is nobody wants to change their diet, not one little bit. People generally want to hang onto their problems because they own them. I want to feel good and live pain free with good digestion and leave the doctors alone since I don't want to use their drugs anyway. This book is for everyone who wants to feel better.

I found this book informative and helpful. I suffer with Arthritis, Fibromyalgia and Chronic Fatigue Syndrome and felt that some of the information was very well stated. I will definitely reread this book and use it as a reference for my conditions. I can recomend this book to others suffering from these conditions with confidence. The information given is not a cure-all but I know I enjoyed reading it (it is easy reading)and there are several things I am going to try.

This is a great book. I purchased it because I wanted to better my health.This book does a great job of explaining how to do that.But you've to follow directions.Highly Recommended!!!

Very good book, very good information in it. I have passed it to other suffers, and they have agreed this is a must buy for anyone who has this health issue.

Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Living Without Pain Living Frugally: 55 Perfect Methods to Save Money and Live a Happy Life Without Debts. (Living Frugally, frugal living, frugal suggestions) Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Bonica's Management of Pain (Fishman, Bonica's Pain Management) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Perspective Without Pain (North Light 20th Anniversary Classic Editions) Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness Cool Careers Without College for

People Who Love to Cook & Eat (New Cool Careers Without College) Caroline's No Nightshade Kitchen: Arthritis Diet - Living without tomatoes, peppers, potatoes, and eggplant! Living Well Without Salt: No Salt, Lowest Sodium Cookbook Series Easy Minimalist Living: 30 Days to Declutter, Simplify and Organize Your Home Without Driving Everyone Crazy Stop Dieting Start Living: 5 Foundations for Your Health to Permanently Lose Weight Without Dieting, Starvation or Suffering in Silence Living Without Stress or Fear: Essential Teachings on the True Source of Happiness Dialysis without Fear: A Guide to Living Well on Dialysis for Patients and Their Families Making a Living Without a Job, revised edition: Winning Ways for Creating Work That You Love Paint A 'Licious: The Pain-Free Way to Achieving Your Naked Ambitions Between Each Line of Pain and Glory: My Life Story The Devil in the Kitchen: Sex, Pain, Madness, and the Making of a Great Chef