



# The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time

*Dr Douglas Graham*

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## **The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life, One Luscious Bite at a Time**

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Get the definitive guide to the 80/10/10 Diet - the best and most successful raw vegan lifestyle ever! If you have struggled with staying raw, would like to lose weight, or change your life for the better, look no further than this groundbreaking book.

What do you get with The 80/10/10 Diet?

- peak performance for any athlete
- perfect weight, no matter what your body type
- off-the-charts wellness
- success with a low-fat vegan diet
- simplicity in your lifestyle
- a healthy relationship with your food
- enviable vitality

Dr. Graham explains in an easy to understand way the science behind the 80/10/10 Diet, as well as seasonal raw vegan recipes and meal plans that will get you started on the path to health and vitality.

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