



FROM EVOLUTION TO HEALTH
REVOLUTION

GALIT GOLDFARB BSC, MSC

The Guerrilla Diet & Lifestyle Program

Wage War on Weight and Learn to Thrive in the Modern Jungle

by Galit Goldfarb



Non-Fiction - Health - Fitness

328 Pages

Reviewed on 07/22/2016

Book Review



Reviewed by Vernita Naylor for Readers' Favorite

In the 21st century there has been a rise in illnesses and diseases from Alzheimer's and diabetes to autism. Have you ever wondered why this is so? Galit Goldfarb gives us a clue in *The Guerrilla Diet & Lifestyle Program: Wage War on Weight and Learn to Thrive in the Modern Jungle*. Galit shows us that, due to our eating and lifestyle habits, diseases are affecting us. Yes, we are living longer, but our quality of life is being quickly eroded. Now the question is this: is knowing that you can live longer but be unhealthy worth it? I say not.

The Guerrilla Diet & Lifestyle Program is power-packed with researched information to help you better understand and learn how the foods that you eat and how living a sedentary lifestyle affect your well being. Galit offers a 30-day Diet and Lifestyle Program that can benefit you in living a healthier and well-balanced life.

Reading *The Guerrilla Diet & Lifestyle Program* by Galit Goldfarb was great for me. I had begun to adopt a more vegan and Mediterranean diet. For me, this is not merely a diet in the sense of starting something and then stopping once I have reached my weight goal. Instead, it is a way of eating for the rest of my life. Food does affect us in many ways and we suffer without a balanced lifestyle. Health issues cause rising health care costs due to medications, hospitalization, and surgery. Don't wait for a health scare to make a diet and lifestyle change. Do it now.



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Author Biography



Galit Goldfarb is dedicated to solving peoples personal health crisis and modern day disease epidemic by empowering more people to take back control over their health by making better food choices, which will not only affect their personal health but also that of our future generations, our planet and the neighbours we share the planet with.

Galit Goldfarb has worked within the health field for over 22 years. While working in different research laboratories and with many private clients, Galit has written eight books in the fields of health and personal development, including #1 Award Winning International Bestseller "The Guerrilla Diet & Lifestyle Program" based on her in-depth research into the ideal diet for humans. Galit runs a very active blog and was invited to give a TED talk on the "Ideal Diet For Humans" Galit is a Professional member of the American Nutrition Association, and the American Society for Nutrition, and holds a BSc (honours) in Biochemistry and Nutrition, an MSc in Medical Science with Distinction, studied Immunology for a Post Graduate Certificate and holds many diplomas in alternative medicine.

Galit's mission is to spread the word of the ideal diet for humans so that more people can live healthy, happy and fulfilling lives. Galit offers workshops, speaking engagements, online programs and personal coaching.