

THE
GUERRILLA
(~~GORILLA~~)
DIET



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

GALIT GOLDFARB

THE GUERRILLA / ~~GORILLA~~ DIET & LIFESTYLE PROGRAM

Wage War On Weight and
Poor Health
and
Learn To Thrive In The Modern
“Jungle”

BY GALIT GOLDFARB

To my teammates in life and on this journey! We are all in this together!

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This is the unregistered eBook version which only has the introduction and the first four chapters available.

Introduction

When I was sixteen years old my parents got divorced, and my father, whom I was living with, had a new woman in his life. She cooked meals for my father, my sister and I, but her foods were different from the ones I had previously encountered. Her cooking involved much fat, and her dishes were rich with dairy products, especially cream and butter. I was having difficulty coping with this new diet and found myself increasingly gaining weight and feeling bloated. This weight gain had a negative effect on my self-esteem and soon afterward I began a path of eating disorders that shifted my life around. Since that time, upon dealing with my first diet, I became interested in finding the ideal diet for human consumption. I researched and personally experienced practically every fad diet that came on the market throughout the years. I also looked into human eating habits, where they came from, and how these habits evolved. I was determined to change my life around and become more productive, healthy, and happy. But as long as I was suffering from my eating disorder “addiction,” I was having zero success and my life was on a downward spiral.

At school I was an aspiring young athlete, specializing in the 800 meter run as well as running half marathons and marathons at a very young age. I had many issues about my body and did not have a clue as to what foods I should eat to supply me with sufficient energy for running while not gaining excess weight. I was eager to find the ideal diet for my health and my sanity.

At first I began researching psychological methods that would help me live a happy and fulfilled life and stop my addiction to food. The psychological methods I came across helped me conquer bulimia and later achieve my dream relationship and success in the financial field. I have put together these methods in my online course called “The Magic 8 Step Formula to Success, Happiness and Fulfillment – Your Secret Step By Step Guide To

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Get You Smiling and Passionate About Life Starting Today” which helped many people around the globe achieve these high ideals.

However, soon after another challenge entered my life in the form of cancer. In fact, I got it twice in two years. This is when I finally understood that the psychological methods and mind techniques I had mastered were simply not enough to achieve lasting success in the important field of health. These techniques were great for achieving financial and personal success in my life, but not good enough for achieving the lasting health I wished to reach. I felt that I needed to reevaluate my diet from my deepest core beliefs about nutrition, even though I was sure that my diet was good and healthy. After all, I held a Bachelor of Science (BSc) degree in Nutrition and Biochemistry, and a Master of Science degree (MSc) in Medical Science. I felt I knew a fair amount about the body’s nutritional needs, but apparently this was not the case. I finally understood that to achieve lasting health I would need to follow the laws of nature.

Now, at the start of my doctoral research program, after twenty-six years of substantial nutrition, immunology, and medical university studies, as well as extensive college studies in chemistry, biochemistry, alternative nutrition, and other alternative health practices, as well as reading countless books, publications, research articles, and studies throughout my adult life, and performing my own research study titled “The Lee Village Study,” I can safely say that I have found the ideal diet and lifestyle program. It promotes lasting health and mental agility, rids us of unwanted diseases, both physical and mental, and gives us a feeling of vibrant energy as well as control over our health and happiness.

I am overjoyed to present before you the healthiest diet for human consumption: ***The Guerrilla Gorilla Diet and Lifestyle Program***.

In fact, this diet is not really a diet, but rather a total lifestyle program that is backed by much solid evidence from many different scientific fields combined, including genetics, evolutionary science, zoology, medicine, and nutritional sciences.

This book holds the knowledge and step by step guidelines you will need in order to apply the ideal diet for human consumption along with precise lifestyle plans to support your own personal health, vitality, and longevity.

This diet has helped me change the course of my own health completely around.

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By applying this knowledge to my personal life I have gained complete control over my weight issues as well as conquering cancer. Since then, I have provided the information found in this book to countless individuals whom have applied this knowledge to overcome heart disease, cancer, renal disease, and diabetes, as well as to achieve their ideal weight.

This dietary and lifestyle program will not only support you on your path to your own personal health, but also that of your future generations through epigenetics. I will go into this exciting relatively new field of research later in this book to show you how small changes in dietary and lifestyle habits can help you change the health destiny of yourself and your offspring.

Moreover, this dietary and lifestyle program is also healthy and sustainable for our environment and for our planet at large. This is the diet we were evolutionally meant to consume as human beings and which holds the key to the lifestyle we are anatomically and physiologically designed to live.

This dietary and lifestyle program supports the health of our cells and promotes longevity and a life of peak health and thriving energy that we each long for.

The information in this book, once utilized, will help you reach optimum health at any age, which is your natural state. Nothing less than this is natural for us.

Now in my mid-forties, I look and feel better than I have in the past two and a half decades of my life.

My children have also benefitted from being on this diet. My two eldest daughters have been mentally handicapped from birth as well as suffering from epilepsy. But following a total transformation in their dietary and lifestyle patterns, along with sixty other children with a similar medical background, this diet and lifestyle program is proving to be of great benefit not only for their waistline, but also for their cognitive levels and overall health. My two younger daughters are also learning the nutritional concepts that they need for life at a very young age which I hope will help them make the right choices to support their health, now and in the future.

By following the instructions in this book you will learn how to take full control over your health state and the wisdom contained herein will assist you in making the right choices to guide you easily towards reaching your ideal weight and optimal health.

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Because this is the ideal diet for human food consumption, you will never feel deprived nor dissatisfied. It will take time, of course, to recall your natural state of eating. After all, the propaganda we're fed through advertising in all forms of media, fad diets, processed foods with artificial flavoring and coloring, and from copious suggestions by people around us that feel they know what is best for us but have no real proof will need to disappear from our belief system. It will take time to reprogram our mind, to shift from what we currently feel the urge to eat to what we should be consuming. Fortunately this book will teach us the methods that will help us overcome any difficulties, both physical and mental, that we may meet on the way towards achieving our optimal nutrition and health.

This diet will keep your interest levels high, especially once you start feeling the results it has on your health and your waistline. You will happily continue on the regimen and will readily consent to it becoming a part of your lifestyle.

The principles behind this diet will give you the tools you need to choose what foods are right for you in all situations. Once you have this knowledge, you will be steering your ship towards the port of your desired health and weight.

The world is governed by natural laws, and when we obey the natural laws of health, we will flow with life and bring to us the energy, vitality, and happiness that we were intended to have and deserve.

An Important Note Before Embarking on Your Journey

As much as I would love every person to read this entire book from cover to cover and to understand the principles behind every suggestion, I do realize that in the information age we are living in and being bombarded with too much data coming our way on a daily basis, it may be difficult for some of us to handle everything contained in this book. Some of us, as much as we would like to, simply cannot find the time to read and digest this much information. For this reason I have structured the book in such a way that if you just want to dig into the diet without reading all about evolutionary details of why this dietary program is best for us, then simply feel free to skip Section 1 of this book and go directly to Section 2 where you will find ***The Guerrilla Gorilla Diet and Lifestyle Program*** outline.

Introduction

You may also find some of the information more interesting or relevant for you such as chapters on physical activity, the importance of sleep, epigenetics, and neuroplasticity.

Feel free to jump to these chapters at any time. You do not need the background found in other chapters to enjoy the information found there, and later on if you do wish to delve deeper into the subject, you will be guided to exactly where you can find the information you seek throughout the book by going to the relevant references.

I wish you an enjoyable journey and believe that you will be in an entirely different place consciously regarding the foods you choose to consume after “ingesting” the knowledge found in this book.

The journey is long. Be prepared for a marathon. This is no sprint. In fact, the journey to better eating habits and an overall improved way of living is never ending.

Please join *The Guerrilla Gorilla Diet and Lifestyle Program* community below to receive your special bonuses for buying this book!

<https://goo.gl/v87JYI>

You will also receive regular information and read the comments of likeminded people who want to improve their health in a sustainable and long lasting way. Can't wait to see you there!

SECTION 1

Evidence Based Background
Behind The Guerrilla Diet and
Lifestyle Program - The Best
Diet for Human Consumption

1

Why “Dieting” Doesn’t Work

“What’s wrong with extreme dieting and hard-core fitness plans is that they don’t take into account the rest of your life.”

– W. Alison Sweeney

“The meaning of insanity is doing the same things over and over and expecting different results.” The quote above by Albert Einstein pretty much explains why the diet and weight loss industry are so wealthy.

People are looking in the wrong direction when searching for answers to solve their weight and health issues.

A dieter’s mindset is the same mindset followed by most of the population: Once something is not in order, it’s suddenly time to fix it. This mindset is one that focusses on taking care of the symptoms rather than addressing the cause of the problem.

Trying different dietary regimes is like sitting on a chair with thumbtacks on its surface. Every time you sit down you prick yourself and then have to bandage the wounds. Yet the following day you go back to sitting on the same chair again, ignoring the problem from the previous day until you once again experience pain and discomfort.

This is what happens when we diet. We are focusing on the outcome instead of looking to change the causes behind the results we have before us.

Most people are not presented with very many other options, so they go with any new fad diet regime that they come across in the hope that this will be the one that will get them from where they currently are to where

Why “Dieting” Doesn’t Work

they desire to be. I know, because that’s what I personally did for years. But every time we start on a new extreme diet which deprives our body of nutrients, we become stressed, which in itself has a negative effect on our health and prevents us from reaching our goal.

Research shows that more than 34.9% or 78.6 million adults and 17% of the youth in the United States are obese.⁽¹⁾ Furthermore, obesity-related conditions including heart disease, stroke, Type 2 diabetes, and certain types of cancer are all on the list of leading causes of death. Research proves that these are mostly preventable deaths.^(2, 3)

The estimated annual medical cost of obesity in the US was \$190 billion in 2012; the medical costs for people who are obese were \$1,429 higher than those of normal weight.⁽⁴⁾ In America, if the obesity rates continue to rise on their current path, the number of new cases of Type 2 diabetes, coronary heart disease and stroke, hypertension and arthritis could increase by ten times that number by 2020, and double again by 2030.⁽⁵⁾ Obesity has risen by 34% since 1960, and morbid obesity (BMI above 40) has risen six fold to 6%.⁽⁴⁾ According to the Boston Medical Centre, approximately 45 million Americans diet each year and spend \$33 billion on weight loss products in their pursuit of a trimmer, fitter, healthier body.⁽⁶⁾ But the products and diet information available mostly contradict one another. Some diets say that you should consume only fats to actually lose weight, while others say that fats are bad for you and you should go on a low-fat diet instead. Some diets look into food combining without any consideration as to what is being consumed, while others are so restrictive that they are completely boring and impossible to follow in the long term. Some diets say not to eat at night, while others say that only the total amount of calories consumed in a twenty-four hour period is what is important. This is very confusing to any person wanting to lose some weight, get fit, and become healthy.

Some people nowadays are even looking towards fad pills, powders, medications, or surgery to help them solve their weight and health problems. However, these options are still only caring for the result (the ill health and the weight problem), and ignoring the cause behind the result.

It is actually quite crazy that most of us forget to consider for a moment the reason behind our obesity or health state, and spend hours (and hard-earned dollars) searching to find quick and easier solutions to our problems. However, it is only by looking and examining the core reason for the problem that we can find a way to fix it.

Why “Dieting” Doesn’t Work

The reasons why we have detoured off the path to wellness, longevity, and optimal health are due to two factors:

- A. We have, through our choices, created an unhealthy environment for our cells to live and grow in.
- B. We have allowed our core belief system about nutrition and health to be strongly influenced by the media which has its interest in monetary gain rather than our health at hand.

Only by going back to our natural state and following the natural laws of nature will we be able to take back what is lawfully ours and to start living the healthy life we deserve.

As I mentioned, I, personally, have been on every fad diet that I can think of from diets based on blood type, food combining, raw food diets, Atkins and so on. But at the end of the day, I never understood why certain foods led to weight loss while others made me fat. In fact, by following the strict regimes specified in each of those diets, my obsession about food only worsened. I was round the clock busy trying to manage my diet and weight. All of my spare time was wasted by conforming to my eating disorder and food addiction, so that I had really no time to enjoy life. Every waking hour was surrounded by thoughts of food. It was definitely a difficult and unproductive time in my life. The only industrious thing that I was doing at the time was improving food retailer’s bank accounts! Only after becoming sick with cancer twice in two years did the idea enter my mind that perhaps my dietary choices were leading my health on a downward spiral! I never really found a sound concrete source of evidence based on a spectrum of sciences that shows the big picture as to which foods support human health and which do the exact opposite.

This is when I decided to use my excellent research abilities to learn what it is that humans should be eating to support our health and natural weight loss from a broad perspective. I learned that the most important factor for health and weight loss was the *choice* of fuel we use to supply energy to our bodies.

My research began by looking at the apes, gorillas in particular, due to our genetic and physiological similarities, in order to gain clues for the ideal human diet.

In the next chapter I shall cover what I discovered in my research of these fascinating primates.

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