

Brendan Brazier

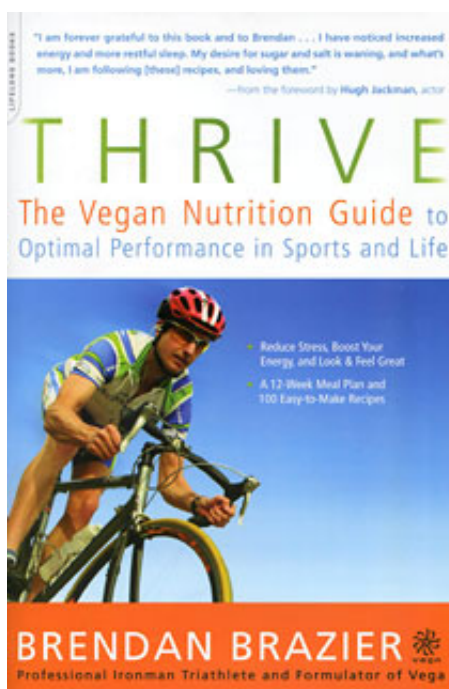
Thrive: The Vegan Nutrition Guide

Extrait du livre

[Thrive: The Vegan Nutrition Guide](#)

de [Brendan Brazier](#)

Éditeur : Da Capo Press Lifelong Books



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understanding the thrive diet

The Thrive Diet is basic, and its parameters are simple. As you've just learned, uncomplementary stress is the biggest threat to our well-being. Unfortunately, its avoidance is near impossible in Western society. However, we do have the ability to take our health into our own hands and by doing so live a high-energy, sickness-free, rewarding life.

The word *health* is thrown around quite freely these days. However, the word really does embrace all that we physiologically and psychologically can aspire to. If we all had a high level of health, we would all be at our ideal body weight, none of us would have food cravings, we would all sleep soundly, we wouldn't rely on stimulating foods to give us energy, and we would always be able to think clearly and rationally. Yet, few of us are in this situation. One of the reasons is because we often treat the symptoms of each ailment as it crops up, while ignoring its cause.

Simply put, the Thrive Diet is about getting to the root of the matter. Symptom-treating programs have risen in popularity over the past several years because of the speed at which results can be seen, and treating symptoms has become the expected approach for many. While it's true that short-term results can be achieved by dealing

merely with the symptoms, long-term sustainable satisfaction is rarely if ever achieved. The Thrive Diet will likely not produce noticeable result as quickly as some symptom-treating methods. However, the

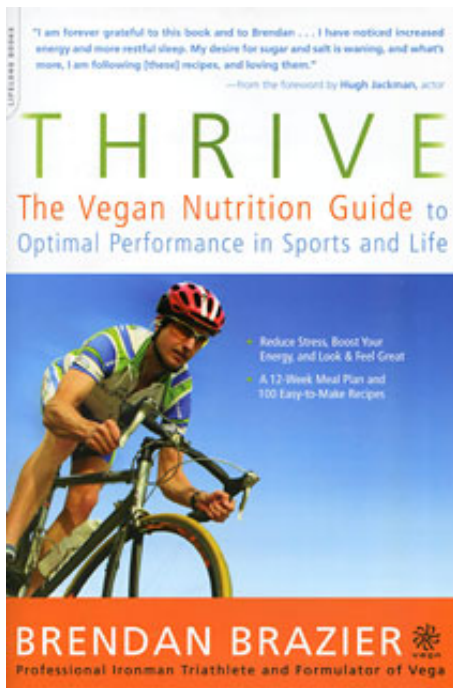
The Thrive Diet treats the root Cause Of the problem. Thrive Diet *is* a platform for long-term success. It is a healthy, well-balanced diet, with a focus on long-term sustainability. Those who eat a healthier diet are healthier: They are close to their ideal body weight, they have more energy and more motivation, and, quite simply, they get more out of life.

Results that you can expect from the Thrive Diet include:

- improved ability to burn body fat as energy,
- better sleep quality, therefore less needed,
- elimination of junk-food cravings,
- reduced body fat,
- less joint inflammation,
- improved mental clarity,
- eliminated need to rely on stimulants for energy,
- improved ability to build lean muscle tissue,
- quick recovery from exercise,
- reduced cholesterol level,
- stronger bones,
- better skin quality.

high net-gain nutrition is the key

The first and most general guideline of the Thrive Diet is to make high net-gain foods a cornerstone of your diet. The *net gain* of food is the term I use to describe the energy and usable sustenance that our body



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Optimal Performance in Sports and Life

320 pages, broché

publication 2008



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