



RAYMOND FRANCIS, D.Sc.
Author of *Never Be Sick Again*
and Michele King

Never Be Fat Again: The 6-Week Cellular Solution to Permanently Break the Fat Cycle

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From Reader Review Never Be Fat Again: The 6-Week Cellular Solution to Permanently Break the Fat Cycle for online ebook

Jessica says

Yes good ideas....in theory. I cant count the number of times I rolled my eyes or said "oh come on!" Filter your shower water? Really?

Greg says

I must give credit to the author for helping me to even think about making a change in my life. Many people have talked to me over the years about the potential i'm wasting by not making healthier decisions. My wife read the Never Be Sick Again book and she enjoyed it so much I decided to check out this book. Talk about eye opening even as I started reading the book I started to notice how the just about every single meal that I eat I should be ashamed of. My current diet is total garbage and completely nutrient bankrupt. As I approached 30% of the way through this book on my Kindle I told myself i'm going to finish the book before I put together a health action plan for myself. I made a goal to finish it by the end of March 2012 just a week or so after my 27th birthday. This morning I woke up early (I started hitting the sack earlier as recommended in the book) about two and a half hours earlier than normal. It is sort of funny I have been jumping out of bed earlier and earlier each day. I read for an hour before I got ready for work. Sitting down tonight with some free time I pushed through the last portion of the book. Great read very much a book that helped me to take a look at my personal health choices and what they will most likely mean if I don't change. NBFA let me wrap my head around this for a few more hours and i'll begin to put the plan together. Glad the book gave me some ideas for recipes and even for kitchen utensils. I'm even glad that the author is the CEO of a health company that sells the products. I know that some may see this as an extended infomercial. Think about it though there is so much money to be made for us to eat nutrient deficient foods. I don't really care if this guy and his company want to charge me for doing the homework for me and finding good vitamins and such. If I had enough time to do my own research I would. I barely found time to read this book in just under a month. I hope you like it as much as I did. I also hope that for those of you like me who laugh in the face of health, you find something in this book that allows you to let down your defenses for just a little bit to receive some new information.

Connie says

The basic premise is that by eliminating all toxins (caffeine, processed foods, medicine, etc) one can achieve perfect health and a healthy weight. I understand the beauty of its simplicity, but how realistic is it? Not very.

Virgil Julian says

I find it difficult to recommend this book to anyone who wants a constructive plan to lose weight. There are too many places i.e. taking supplements where the author tells you how nearly impossible it to figure out

ingredients, or doesn't make a distinction between white/wheat breads. He quotes science here and there but draws no real conclusions, and seems more interested in, selling his life style (nbfa) never be fat again.

Jose Mari says

The title says it all

Barb says

This is a great nutrition common sense approach to eating. Not necessarily for those with a weight issue, as it applies to anyone who wants to improve their quality of life with fewer chemicals, processed food items, etc. The chemistry behind what we put in our mouths is amazing to read about. It has changed how I will look at food forever. If you are interested in keeping yourself and your family healthy it is a must read.

Leez says

Get rid of the toxins and you get rid of the fat. Same stuff I knew. Just need to put it in practice :)

Michelle Zamora says

This book can be very overwhelming but very informational. I have to read it slowly so that I can absorb all the information.

Amer Sakr says

Very Informational book, but I don't take all his words as sacred. But definitely I learned a lot from it.

Jazz Cooling says

I wrote a review on this but then it got deleted.

Beth Gordon says

This book is very discouraging. Here's a synopsis: EVERYTHING is a toxin or a poison. Sugar, animal products, salmon, water, every personal care product. Even if you're doing well, relatively speaking, you will come away with 100 things you should NOT do or do. It's too overwhelming and absolute.

Also, there are things this book encourages you to do that I'm not sure about. Most concerning is that it wants you to take MASSIVE (as in 100x the recommended daily amount) doses of vitamin C. Everything else is a toxin, but massive quantities of a vitamin isn't??? It claims the best exercise is jumping on a mini trampoline...but ONLY a good quality trampoline. I've never heard that before. Also, go to an infrared sauna every week, but not a wood sauna because a wood sauna is TOXIC!

Sigh.

Constantine says

Rating: 3.5/5.0

Although the book has lots of information but I cannot say that everything was new or unique to me. Yes, some of the advises were new but they belonged to the same old concept. Maybe if I have read this book 10 years ago I would have thought something else, but with today's ease of obtaining information on different subjects it is totally a different story.

The main points in this book is to treat obesity as a disease and not as a condition. Like most other advises it is suggested to avoid sugar, white flour, processed food and oils and also not to have excess animal protein. The author suggests that the main food portion should come from raw vegetables while the protein be very small part of that meal. The book also talks about our current lifestyle in the modern days and how it affected our food quality and intake and also how toxins play a vital role in making people fat.

One of the important suggestions that the author made is never to have a starchy food with proteins. If you want to have starches then have them with vegetables and the same for proteins. Another advise I feel is important is to never have fruits with meals but always few hours before or after. The idea behind all this is that certain food need an alkaline environment to be digested like (starches) and others like proteins need an acidic environment for its digestion so having them together will force the stomach to neutralize its HP hence neither of them is going to be digested well leaving you with problems like bloating, gases etc.

The second half of the book has some useful recipes that can be used for weight control. I think if you have not read many health books about obesity and weight watch this book will definitely give you some good information to start with.

Jennifer says

Everything Raymond Francis writes makes complete sense. I just finished week one of his NBFA Lifestyle. I am finding it really easy to follow so far.

Steven Peterson says

Nothing really revolutionary here. I have read of these suggestions elsewhere. However, the book pulls a lot of suggestions together and this is a contribution. The Foreword states the thesis (Page ix): ". . .overweight is a disease that can only be cured by restoring overall good health."

What does this mean? The author argues that we need to address two key causes--deficiency of needed nutrients and addressing ingestion of toxic materials. As Francis says (Page 1): "The weight is merely a symptom, and this symptom will come back unless you eliminate the underlying causes." The author argues that the standard American diet is the leading cause of disease--and obesity. What to do? Face off against "The Big Four": sugar, white flour, processed oils, and dairy/excess animal protein. Other *bête noires*: caffeine and alcohol.

What to do? Unprocessed fruits and vegetables; reduce animal protein; more fiber; organic, less treated foods (e.g., asparagus rather than bell peppers, since the former is less treated than the latter); more whole grain.

Tools? A diary or journal to outline what you actually eat as well as something like a written plan of action. One can then compare what s/he wants to do and what s/he actually is doing. In addition, chapter 13 provides a set of illustrative menus and recipes. Among recipes: veggie sandwiches, herbed hummus, meatless taco salad, vegetable wraps, spicy raw nuts, and veggie pesto pasta.

This book provides an approach to weight reduction that takes a somewhat different theoretical tack--albeit with many familiar operational dietary suggestions.
