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Introduction

Do you know how to eat? I mean *really* eat. Not just consuming food. But eating in a definite, deliberate, purposeful manor to specifically maximize your energy, longevity, and productivity. Most people simply work at getting “full.” Their objective is to make the hunger go away. They have little concept of the direct link between the quality of the fuel and the performance of the machine.

And what a machine it is! The human body has more than 75 trillion (75,000,000,000,000) individual cells. Some of them are specifically designed to taste your food. Others are for enzyme production, nerve transmission, oxygen transfer, and muscle contraction. Each one of them has a small power-producing factory inside. To do its job, it must have food, and the quality of that food will make all the difference in whether—from a health standpoint—you excel or just get by.

Would you like to feel better, lose some weight, lower your cholesterol, get fit, and improve the quality of your life? If so, *Survival of the Fittest* may be what you’re looking for.

Sixty-five percent of all Americans are overweight. Thirty years ago, just one in four was overweight. You would think with all the emphasis on diet and exercise today we’d be the

fittest people in the world, but we're the fattest. In Part I you'll learn what you need to know to finally succeed in this area. No gimmicks, no hype, no quick fixes. The first step? Get rid of your bathroom scale.

How's your heart? I hope that it's in great shape. Since it's heart disease that eventually kills most Americans, you'd do well to take care of the ol' ticker. Have you had a cholesterol test? As you'll soon see in Part II, that really doesn't tell you much. By the way, if your physician told you that your number was "normal," you've got work to do. The average heart attack in this country is happening to people with "normal" cholesterol levels. Fortunately, there's never been a better time to prevent a heart attack. Even though it's still public enemy #1, it doesn't have to get *you*. If, in spite of your best efforts, you can't reduce your risk through lifestyle changes such as diet and exercise, you'll be glad to know that some medications can help. You have one of them in your medicine cabinet already.

You'll also discover a different perspective on eggs and the salt shaker. You'll be surprised to learn the truth about the butter vs. margarine issue too. You've only been getting part of the story.

If you're a woman, you'll gain a new understanding about your health priorities. Unfortunately, most women's magazines get it wrong. If you're a parent, you're probably already convinced about the important role that nutrition plays in your children's health. You'll discover some healthful hints that will help you do an even better job.

In Part III, you'll learn that you can *dramatically decrease* your risk of cancer—the disease people fear more than any other. The good news is that the majority of cancers are due to lifestyle, something *you* can control. Most people don't get cancer because of genetics or pollution or just plain bad luck. They get it because of the choices they make. While we're certainly making progress in returning cancer patients to

healthy lives, that's nothing compared to the number of people we can keep from getting it in the first place.

Did you ever wish someone would tell you *exactly* what to eat? No, you don't. You'd get tired of that real fast. Diets are, by definition, limiting. You've probably been on plenty of them already, anyway. What you really need are guidelines so that you can make educated decisions for whatever situation you find yourself in—for the rest of your life. No more temporary "diet plans." In part IV of *Survival of the Fittest* you'll get a practical, real-world plan for improving the quality of your diet. No tofu or bean sprouts here. Just real food that will help you survive—and thrive.

Let's get started!