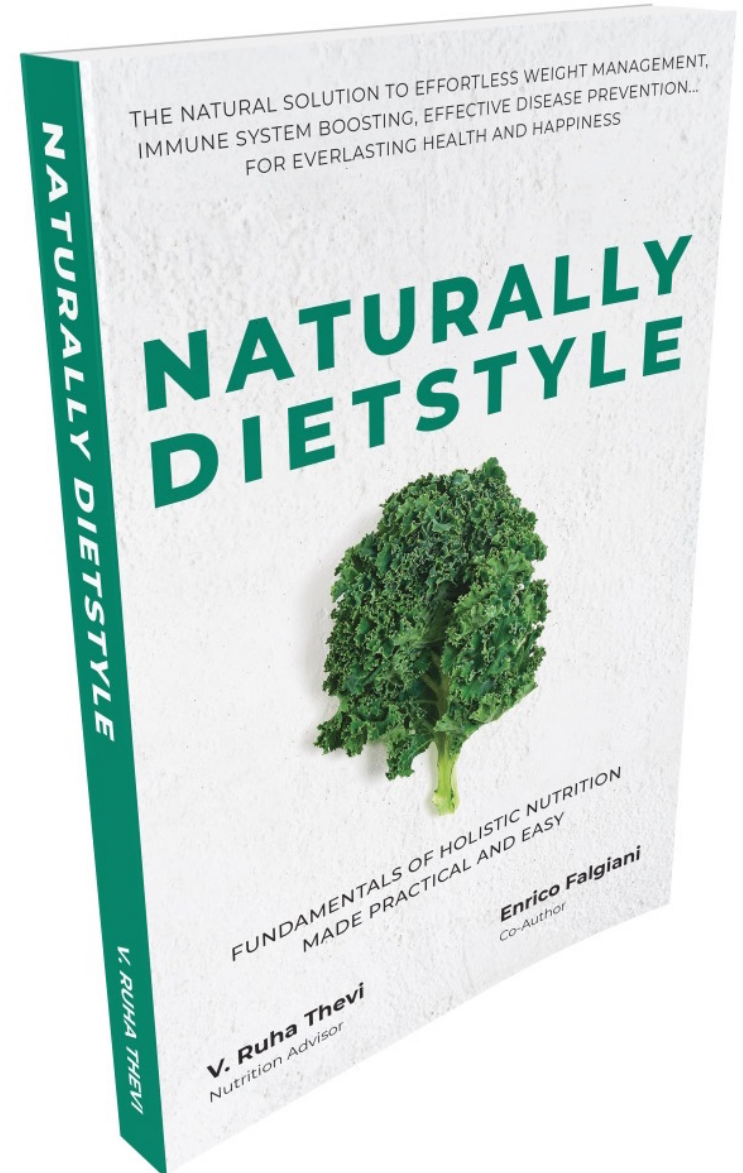




# NATURALLY DIETSTYLE

fundamentals of holistic nutrition  
made practical and easy

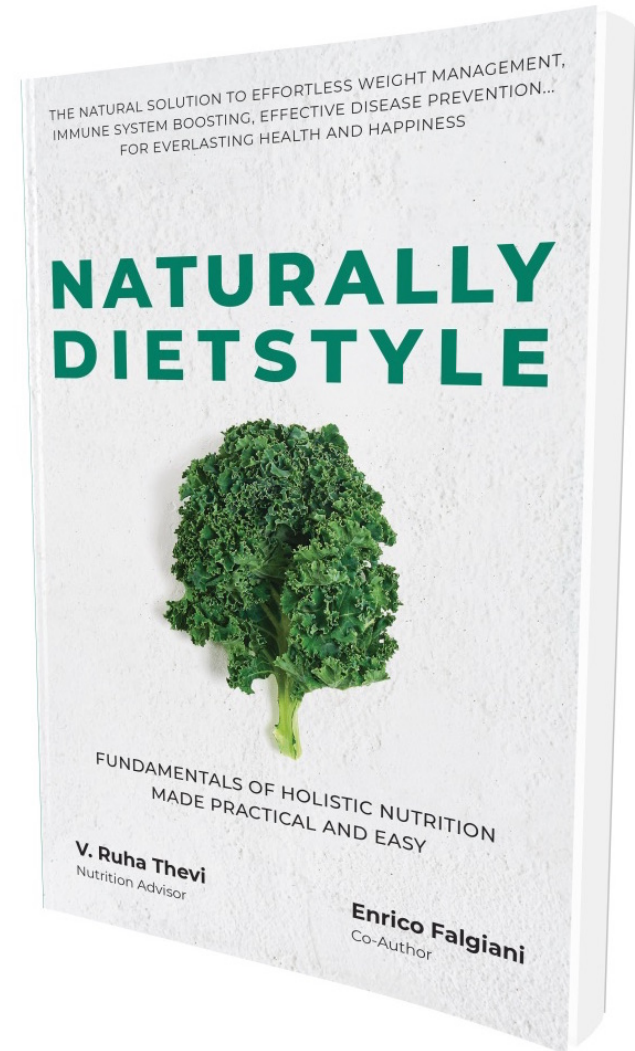


### V. Ruha Thevi, MCMA

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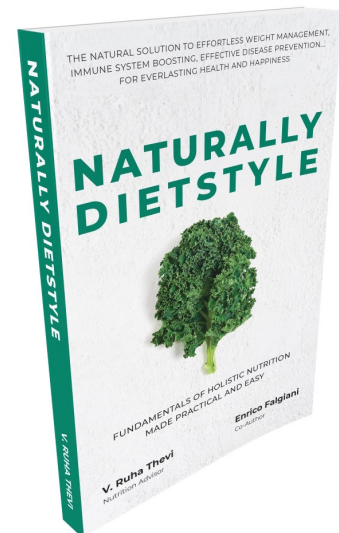
# VICTIM OF SCARY, BAD ADVERTISING?

- Nutrition is for **DOCTORS ONLY**
- Nutrition is just about **FOOD** and **SUPPLEMENTS**
- Health requires a **SCIENTIFIC APPROACH**
- Health or Disease are a matter of **LUCK**
- Health is **NOT IN MY HANDS**
- Health is **SACRIFICE**
- Diets are **TEMPORARY, HARD**, and always **FAIL**
- Healthy food is **EXPENSIVE**, and requires **SKILLS**
- **SUPPLEMENTS** are necessary
- There is no exercise without **GYM**
- To reconnect to Nature, you need a **LONG HOLIDAY...**



# THE ACTUAL MYTH BUSTER? AWARENESS!

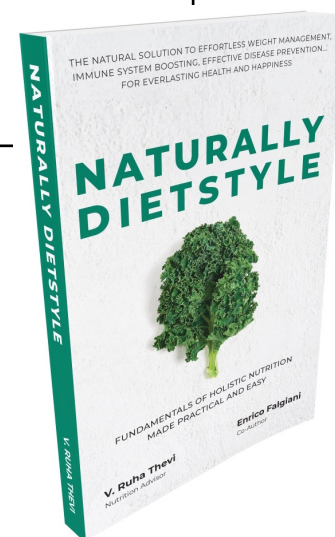
- Nutrition is for EVERYONE, for ALL AGES
- Nutrition is about SIMPLE FOOD HABITS, and LIFESTYLE
- Nutrition and Health are as SIMPLE AS “A-B-C”
- Health or Disease are your CHOICES
- You can MASTER your HEALTH – AVOIDING and even REVERSING DISEASE, with FOOD
- Health is FUN, EASY and SIMPLE
- The DIETSTYLE is FOREVER, and ALWAYS SUCCESSFUL
- Healthy food is CHEAP, EASY and FUN to prepare
- You can be healthy WITHOUT SUPPLEMENTS
- You can fight and win disease WITHOUT MEDICINES
- You do NOT NEED a GYM to be active or exercise
- Balancing your health is as easy as counting to “5”



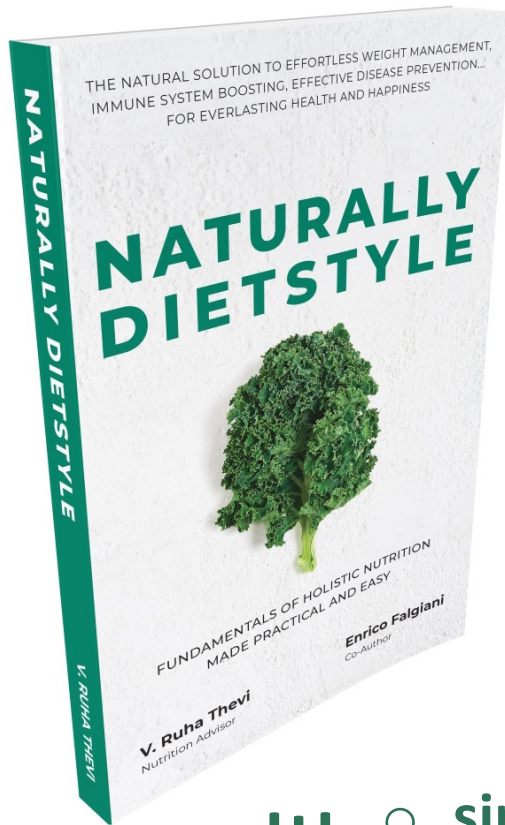
| PART 1                                                                                          | PART 2                                                                 | PART 3                                                              | PART 4                                                                    |
|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------|
| <p>HEALTH AND DISEASE</p> <p><b>FIVE PILLARS OF HEALTH</b></p> <p>BASIC NUTRITION KNOWLEDGE</p> | <p><b>DIETSTYLE</b></p> <p>-</p> <p><b>THE ART OF EATING RIGHT</b></p> | <p>PHYSICAL ACTIVITY AND EXERCISE</p> <p>JUICING</p> <p>FASTING</p> | <p><b>WHOLE-FOOD PLANT-BASED DIET</b></p> <p>RECONNECTING WITH NATURE</p> |

BONUS CONTENTS: HEALTH ASSESSMENT AT A GLANCE  
FOOD STOCK AND MEALS PLANNING  
EXERCISE PLAN  
JUICING PLANS AND BASIC RECIPES

...



## AN HONEST BOOK

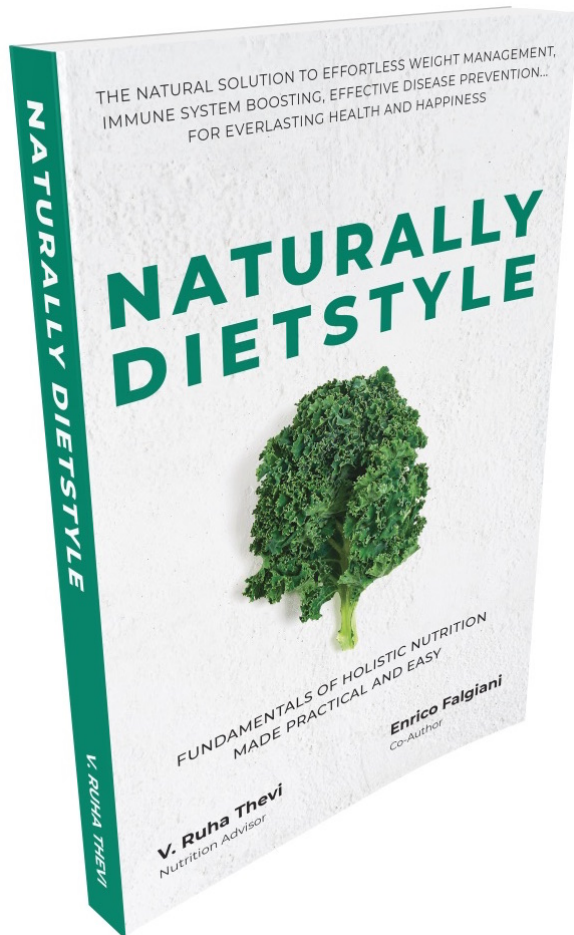


## DIETSTYLE

- health is not a “product” to trade
  - nutrition knowledge is a right and a duty
  - nutrition is about “good habits”
  - pills, supplements and health products make health temporary
  - awareness and knowledge make health everlasting!
- 
- simple natural method
  - one-cures-all
  - 100% success rate
  - result of 30+ years of self-practice
  - no pills, no supplements, no health products
  - makes life in the kitchen inexpensive, easy and fun

- Learn the simple **NUTRITION BASICS, FOR EVERYDAY USE**
- Keep health at your fingertips, with the **5 PILLARS OF HEALTH**
- Master the **ART OF EATING RIGHT**, and forget about scary diets
- Choose the **RIGHT FOOD** and forget about supplements
- Learn how to be a **healthy Vegetarian** or a **healthy Vegan**
- Learn about the benefits of the **WHOLE-FOOD PLANT-BASED DIET**
- Learn how to organize your kitchen, eat healthy and **SAVE MONEY**
- Learn simple forms of exercise, **WITHOUT STRESS, or GYMS**
- Learn how **FOOD** can help you **PREVENT AND REVERSE DISEASE**
- Learn the smart way to **JUICE** and **FAST**, to **BOOST YOUR HEALTH**
- Learn to **RECONNECT** and **ALIGN WITH NATURE**, at home
- Learn how to **READ FOOD LABELS**, and make wise food choices
- Say **GOODBYE TO DISEASE**, and **ENJOY EVERLASTING HEALTH**
- **HELP OTHERS** around your to do the same...

# The Nutri'volution



“Give a man a fish and you feed him for a day. Teach a man how to fish and you feed him for a lifetime.”

# WHAT OUR READERS SAY



DM KIRAN  
Health Passionate

A **miracle book**. It has given me **a new perspective on diet and lifestyle**, relieving me of all stress and worries that I used to have, and providing with the answers to all my questions and all my doubts. I am **truly enjoying the reading**. It is absolutely **fantastic**...

Very **simple** and **understandable** for anyone. You seem to have **covered all topics** related to nutrition and much more... Hopefully many people will read **Naturally DietStyle** and make changes to their lifestyle...



DR VYTHILINGAM  
Plant-Based Doctor



# WHAT OUR READERS SAY



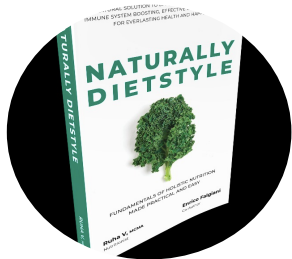
MS ELIANA  
Embassy Officer

The style is just so “fluid”. All those nutrition concepts are explained in a way that are very **easy to understand and apply...**

An **easy read**. With its **humorous, flexible and practical messages**, it makes you realize that **it is actually possible to achieve health** and live a healthy life. An **amazing work** that has taken lots of effort and dedication...



MS JING  
Vegan Chef



MR WILLIAM  
Business Consultant

Finally a book that is **easy to read**, with **simple and practical teachings to actually improve health...**

# WHAT OUR READERS SAY



MR CANDE  
Business Owner

The book's approach to health and nutrition is just what **everyone needs, and what no doctor nor health writer before has ever been able to deliver: simple and plain terms...**

A **thought-provoking, informative** read. The arguments in favor of holistic nutrition are both **interesting** and **balanced**...bringing the reader to a **stronger awareness** and **understanding**. The work is felt to be of **ambitious** scope, **a worthy addition to the genre**.



AUSTIN  
MACAULEY  
PUBLISHERS  
(UK)



MS ANNA  
Business Consultant

**Easy to understand** even for us non-native English speakers. **Entertaining, captivating. Full of knowledge...**

# The Nutri'volution

[www.thenutrivolution.com](http://www.thenutrivolution.com)

[www.naturallydietstyle.com](http://www.naturallydietstyle.com)



NUTRIVOLUTIONIST



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