

Preface

This book is not about calories, carbohydrates or weight. I am neither a doctor nor a dietitian, and this is not a collection of prescriptions for keeping your cholesterol level low, your body mass within predefined limits, your blood pressure so much, your pulse that low. If that is what you expect from a book on diets please return this one to the shelf: it is nothing for you.

This book is written for those who would care to hear a real life experience and an *entire concept* for a healthy diet rather than a mere prescription or two; furthermore, a concept that has been developed throughout almost half a century. For my diet has evolved from a subconscious, intuitive, common sense – reliant and regional tradition – based practice of an youngster’s lifestyle (including but not limited to feeding habits), through extensive observations and comparison (directly or indirectly) with those of others, to a conscientiously defined and finalized concept consisting of prioritized set of rules enabling one to conduct a healthy life well through one’s senior years.

Keeping my weight under control is just one of the *consequences* of my lifestyle slash diet, as is my blood pressure, pulse, libido, mental balance, working ability, physical and psychical endurance; in other words, my happiness about being alive, my strife to bring good to others, my intense and insatiable desire to learn ever more about everything, my drive to create sense-making work.

While my diet clearly contradicts most of the rules set by the established authorities on this subject, I am the living proof of the validity of my concept: it is for that reason that I have decided to place some photographs of my own self, from birth (1948) till shortly before this book went to press (2005). Add to that that I am a semi-retired former high-tech company executive, a chemical engineering graduate and microelectronics research fellow prior to that, and you might start asking yourself how did I manage to keep in such a shape all that time. Intrigued? Well then, in that case this book is indeed something for the kind of people like you. Not only do I hope you will enjoy reading it but I also am tempted to believe you will find it useful for yourself, as well as for many others.

Good luck,
Ivan D.