
CONTENTS

About the Author	ix
Foreward	xi
Preface	xiii
Acknowledgements	xv
Introduction	1
Chapter One: Normal Doesn't Mean Healthy	9
Chapter Two: Eat To Live!	21
Chapter Three: How To Use The Best Chance Diet	31
Chapter Four: Heal Yourself With Diet	39
Chapter Five: Eat More And Weigh Less!	47
Chapter Six: Puffing And Sipping Your Way To An Early Grave	55
Chapter Seven: This Diet Isn't For Everyone	59
Chapter Eight: Walk Your Way To Health	63
Chapter Nine: Healing Mind, Healthy Body	69
Chapter Ten: How To Shop	87
Chapter Eleven: Sure You Can Socialize	109

Chapter Twelve: A Word To Women	113
Chapter Thirteen: Do It Yourself!	117
Chapter Fourteen: Achieving Optimum Health: A Summary	121
Appendices	
Appendix A: Fourteen Days of Best Chance Menus	125
Appendix B: Best Chance Recipes	135
Appendix C: Average Cholesterol Content of Common Foods	157
Appendix D: Calorie-Fat Content of 200 Common Foods	161
Appendix E: "Hyperlipidemia and Coronary Atherosclerosis: A Review" by Stephen Inkles, M.D., M.P.H. and Daniel Eisenberg, M.D.	169
Appendix F: Suggested Reading	193