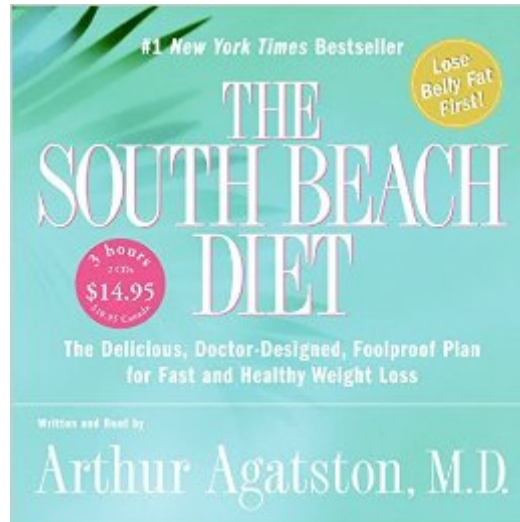


The book was found

The South Beach Diet



Synopsis

The Diet Everyone's Talking For years, cardiologist Arthur Agatston, M.D., urged his patients to lose weight for the sake of their hearts, but every diet was too hard to follow or its restrictions were too harsh. Some were downright dangerous. Nobody seemed to be able to stick with low-fat regimens for any length of time. And a diet is useless if you can't stick with it. So Dr. Agatston developed his own. The South Beach Diet isn't complicated and it doesn't require that you go hungry. You'll enjoy normal-size helpings of meat, poultry, and fish. You'll also eat eggs, cheese, nuts, and vegetables. Snacks are required. You'll learn to avoid the bad carbs, like white flour, white sugar, and baked potatoes. Best of all, you'll lose that stubborn belly fat first! Dr. Agatston's diet has produced consistently dramatic results (8 to 13 pounds lost in the first 2 weeks!) and has become a media sensation in South Florida. Now you, too, can join the ranks of the fit and fabulous with The South Beach Diet.

Book Information

Series: The South Beach Diet

Audio CD

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (1,818 customer reviews)

Best Sellers Rank: #1,048,364 in Books (See Top 100 in Books) #73 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #544 in [Books > Books on CD > Health, Mind & Body > General](#) #579 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#)

Customer Reviews

I have every one of the South Beach Books. Phase 1 third day of the 2nd week is the hardest to get through. Your body has rid itself of those high glycemic foods, so you crave and want to eat some bread or other processed white flour food item. I have done every and I mean every diet out there (Atkins, Weight Watchers, Soup diet, Slim for Life, Slim Fast, American Heart Assoc. I also took Redux to lose weight which has caused me some heart trouble. Everytime any of the above was

done I would loose then fall off the diet and gain what I lost plus an additional 20+ lbs. This was the only one which made since for me and has allowed me to have that cookie, french fry, or brownie once in a while and still keep on the diet. I enjoy this cookbook more as it is simple. The first cookbook was too in depth. More for chefs to cook with vs a working person. I hate having to be in the kitchen cooking for hours even when I was not dieting. Very simple recipes that allow short prep times. The fewer the ingredients the better for me. Best part helps with the making of a grocery list and tells you which foods to always keep on hand, so when you need to fix a fast meal you have everything. The South Beach Diet book is a must and you need to read through it. I skipped over the stories after a couple and went to the heart of what Dr. Agatston states about his diet (Not really a diet for me, just a guide to great healthy eating). Do highlight, write in the margins and use post it notes as you read the first book. This diet (guide to healthy eating) is about making your body work to process the foods which you eat instead of eating processed/high glycemic foods which your body doesn't have to work much to process. He even gives you a list of acceptable foods to eat in Phase 1.

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