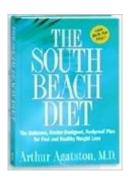
The book was found

South Beach Diet Book





Synopsis

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely. Dr. Agatston's plan allows you to eat the foods you love like meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food.

Book Information

Hardcover

Publisher: TNY

ASIN: B000Q48IKY

Product Dimensions: 11.1 x 8.7 x 1.7 inches

Shipping Weight: 3.3 pounds

Average Customer Review: 4.1 out of 5 stars Â See all reviews (19 customer reviews)

Best Sellers Rank: #894,220 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #6743 in Health & Personal Care > Vitamins &

Dietary Supplements > Weight Loss

Customer Reviews

Arthur Agatston (born 1947) is a cardiologist best known as the developer of the South Beach Diet, but also as the author of many published scholarly papers in the field of noninvasive cardiac diagnostics. He wrote in the Preface to this 2003 book, "When I first developed the South Beach Diet in 1995, my goal was to help my cardiology patients improve their heart health. Word spread quickly through Miami about the weight-loss results my patients were seeing... the South Beach Diet is often identified as a 'low carb' diet. While the South Beach is low in PROCESSED and REFINED carbs, it's not a low-carb diet. It encourages the consumption of the 'good carbs' that are so important in maintaining our general health and sustaining long-term weight loss. In fact, the [SBD] can even be a high-carbohydrate diet, as long as you are choosing the right carbs... Another misconception is that the SBD is a high-fat, high-protein diet. From day one, the [SBD] has been a low SATURATED fat diet. We encourage people to eat the 'good fats' that are essential for general health as well as preventing heart disease and cancern. The 'bad fats'---the saturated and trans fats---are empty calories that promote heart disease and diabetes." (Pg. xii-xiii)He states in the first

chapter, "The [SBD] teaches you to rely on the right carbs and the right fats---the GOOD ONES---and enables you to live quite happily without the bad carbs and bad fats. As a result, you're going to get healthy and lose weight..." (Pg. 3) He points out his objections to the Pritikin, Atkins, and Ornish diets. (Pg. 22-24)The first two-week Phase I "does not have to be LOW carb if you eat the RIGHT carbs.

Download to continue reading...

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) South beach diet: The #1 South Beach diet, How to make it work for you!: including tips and recipes The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008] Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free) South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) La Dieta South Beach [The South Beach Diet] The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South Beach Diet)

La Dieta South Beach: El delicioso plan disenado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) The South Beach Wake-Up Call:Â 7 Real-Life Stretegies for Living Your Healthiest Life Ever (The South Beach Diet) The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) El Recetario de La Dieta South Beach:Â Mas de 200 recetas deliciosa (The South Beach Diet) (Spanish Edition)

<u>Dmca</u>