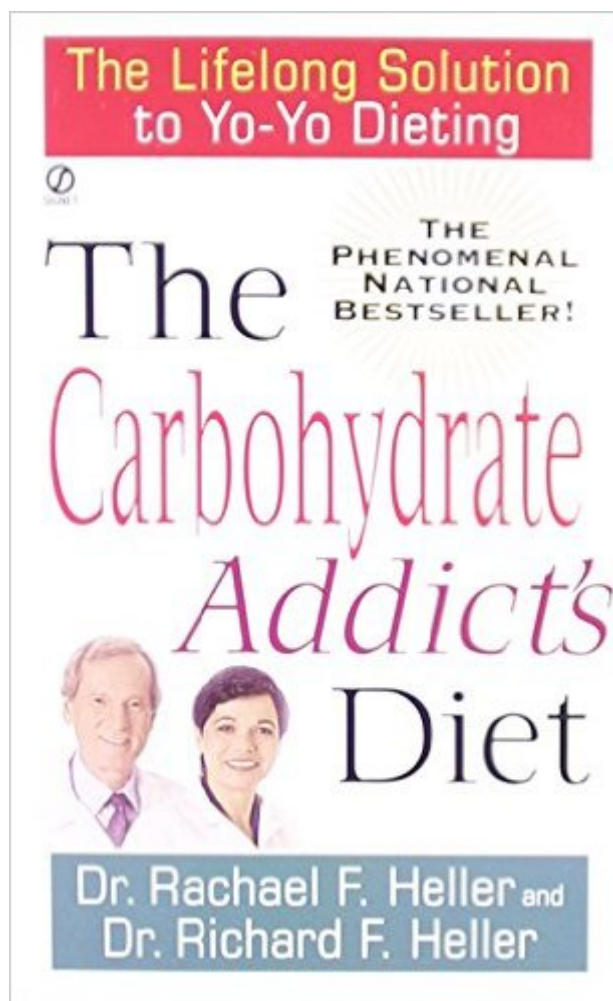


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# The Carbohydrate Addict's Diet: The Lifelong Solution To Yo-Yo Dieting (Signet)



## Synopsis

\* After eating a full breakfast, are you hungrier before it's time for lunch, than you would be if you only had time for a cup of coffee?\* Do you have a hard time stopping once you start to eat bread, pasta, or sweets?\* Do you have a tendency to gain weight easily, or if you lose weight, to gain it back again?If you answered yes to one or more of these questions, you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates--a compelling or recurring craving for starches, snack foods, or sweets. Now, Drs. Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo-yo syndrome--permanently--without deprivation. based on the Hellers' nine years of research, thousands of case studies, and their own personal victories over cravings and weight (maintaining a 200 pound loss between them!), this healthful, unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring, food exchanges and calorie counting. A daily Reward Meal, along with wholesome, balanced Complementary Meals, fit easily into busy schedules, restaurant meals, holiday celebrations, and vacations. Filled with sound advice and effective strategies--including wonderful recipes and menu plans--this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight--for life.

## Book Information

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## Customer Reviews

One reviewer said they didn't know of anyone who's had long-term success with the Heller's plan , so I want to speak up. I've been following this plan, modified with some of the Hellers' more recent books, for close to 12 YEARS and am maintaining a loss of 100 lbs!! I'm a woman who struggled with weight all my life, lost and regained weight many times, and hated myself for not having the willpower to keep it off. I had pretty much given up hope when I found my way to this book. I have found it to be a workable, balanced and healthy plan. I eat fish, chicken, meat and cheese, tons of salads and other lowcarb veggies, and once a day the carbs of my choice. It might be a bagel or a bowl of cereal, garlic mashed potatoes, chocolate chip cookies -- whatever I'm hankering for. As long as it's part of a balanced meal, I don't have to feel guilty -- I'm still on my diet. In skimming the negative reviews, I see a lot of inaccurate descriptions of this diet. Breakfasts and lunches are NOT protein/fat only - high fiber, low carb veggies are an absolutely essential part of them. I typically eat a brunch of scrambled eggs or quiche with lots of veggies, chicken caesar salad, etc. Dinner is not a carbo-loading binge - it's a balanced meal with my choice of starchy or sweet foods. Snacks are allowed - last night I was hungry and had some tuna salad and bell pepper slices at 9 pm. Having the freedom to enjoy carbs as part of my dinner every single day keeps the diet livable, and avoiding starchy and sweet foods the rest of the day keeps my appetite under control. I hate to sound corny, but after 11 years and 8 months on this program, every day feels like a miracle.

Well, for starters, when I started the Carbohydrate Addict Diet, I was 25 pounds overweight after 1 year of marriage, which affected me really bad. I was moody, I did not feel good about myself and I knew I could do something about it but just did not have the energy anymore to try. I'm 32 now, but back in the day when I was 20 I had gained weight up to 180 pounds. At 21, I started a diet, started working out and within a year-and-a-half I went down to about 130. Within ten years I gained and lost about fifteen to twenty pounds, but I could never seem to find something that would help me control or help discipline my eating. Eventually I would give up and gain weight, then I'd get frustrated and lose it, and then it turned out to be back and forth for the last ten years. About three years ago, it seemed that I did have it controlled. When I met my husband, I was 145 and felt pretty good, couldn't complain, but as soon as we got married I was too comfortable and gained 25 pounds. I was at the end of my rope with this weight gain and was at home on my day off from work, watching Oprah and there were the Doctors talking about this great diet and how a person didn't even have to deprive themselves. I was thinking "no way", but I did have a positive feeling about this. So, it was about a week later when I bought the book out of determination and now I feel that it is one of the best things I have ever bought myself. It gave me so much insight about MY

body and why I would get these uncontrollable cravings, why I snacked a lot, why I couldn't keep the weight off and why I was going back and forth. I knew that since I was getting older that it was becoming even harder to keep off the weight or at least I thought(I needed something to blame for the weight gain).

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