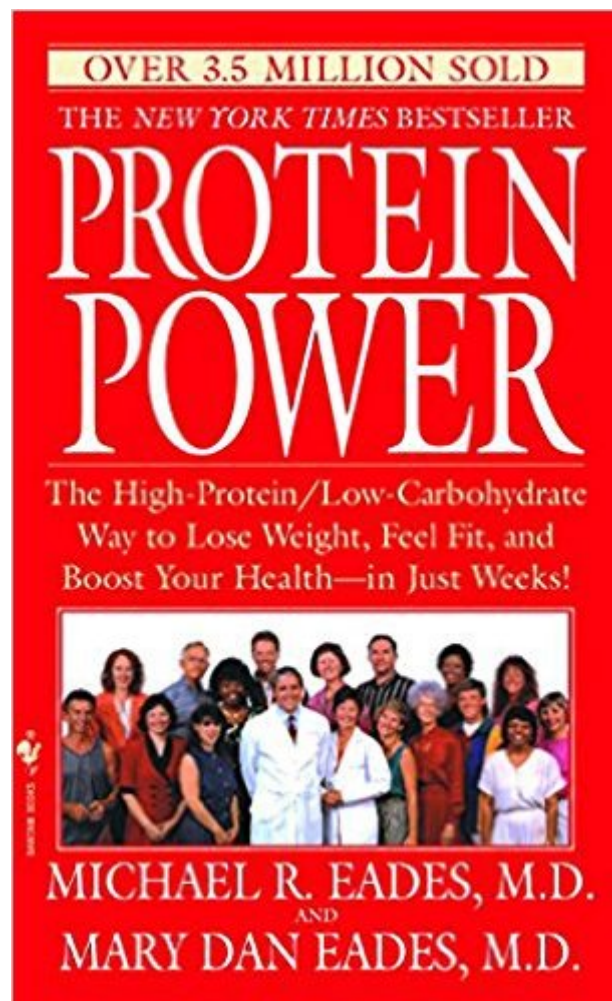


The book was found

Protein Power: The High-Protein/Low Carbohydrate Way To Lose Weight, Feel Fit, And Boost Your Health—in Just Weeks!



Synopsis

An effective, medically sound diet that lets you eat bacon, eggs, steak, even cheese? It's true! **• Lose fat. • Feel fit. • Stop craving. • Without counting fat grams and without giving up the foods you love.** Based on cutting-edge research, this revolutionary and deliciously satisfying plan has already helped thousands of patients lose weight and achieve other lifesaving health benefits, including lower cholesterol and blood pressure readings and an improvement or reversal of common disorders such as heart disease, adult-onset diabetes, and gout. **• Developed by Doctors Michael and Mary Dan Eades**, the simple regimen calls for a new way of eating: a protein-rich, moderate-fat, low-carbohydrate diet that will have you feeling better and more energetic within a week, and help correct blood sugar levels, high blood pressure, and elevated cholesterol within three weeks. **• So if you've been living the low-fat, no-fat way and still haven't lost weight, stop blaming yourself! Instead, turn to the breakthrough metabolic program that replaces lifelong dieting with lifelong health.**

Book Information

Mass Market Paperback: 429 pages

Publisher: Bantam Books; 1st edition (December 1, 1996)

Language: English

ISBN-10: 0553574752

ISBN-13: 978-0553574753

Product Dimensions: 4.3 x 1.2 x 6.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars **• See all reviews** (645 customer reviews)

Best Sellers Rank: #17,134 in Books (See Top 100 in Books) #51 in **Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb** #205 in **Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss** #237 in **Books > Health, Fitness & Dieting > Nutrition**

Customer Reviews

Well the Eades' have put a lot of things out there that many drs do not condone. But the bottom line is, it works. It works for many many people. Just like we do not all respond to the same anti-biotic, we do not all respond to the same diet. I read Molly's review too. I also checked her history. She has added a blasting opinion to every protein-based diet book review section, saying the book is a waste of money. Few found her reviews helpful. So, take it with a grain of salt, since she is very anti-protein! This diet may sound way out there. BUT, the Eades go into great detail, explaining

HOW the cells utilize what we eat, HOW they react and WHAT certain foods do to them. I will never buy margarine again! I did not realize what it was doing INSIDE my body. I followed a low-fat diet for a year on the advice of my dr. I GAINED 50 lbs. Unusual? Perhaps. I was critized, and told I must have been cheating. I wasn't. I ate mostly fruits and salads, with occassional meats. Following this plan, I have lost 10 lbs in two weeks. That is probably not typical, but I have an a-typical amount to lose. I am out to lose 150 pounds. I am not wanting to lose 5 lbs to fit into a certain dress, I am trying to get a life back! I want to go to movie theaters again, ride bikes again, enjoy my life again. I for one, was tired of being trapped in this bodily prison that I thought I alone had created. I suffered from depression as well. The solution from my old doctor? Another pill. Well, the depression has lifted on its own since following this diet. The benefits have been enormous. This diet might not work for you, but what have you got to lose by trying? I can feel my body getting back into line.

I have lost 50 pounds on this diet over a year and I feel simply amazing. My serum cholesterol/lipid levels are incredible. (LDL: 89, triglycerides: 84, down more than a hundred points from the days when I ate high-carb, whole grain and low protein.) I cannot adequately emphasize how thoroughly it has changed my life and my health for the better. Major myths about this plan and low carb eating in general: -It is not true that you will overload your kidneys and liver and get stinky breath. -It is not true that it is "just like Atkins" (it departs from Atkins on many significant points--the most obvious of which is that there is no induction of ketosis. Ketosis, although not considered a danger to someone with healthy kidneys, is totally irrelevant. Carb intake is not quite as restrictive as on Atkins.) -This is not a "diet" so much as a sustainable and healthy nutritional approach. -It is not a "fad diet." People have been eating low carb for CENTURIES. (How odd that these cultures which eat low carb tend to be healthier and have less CVD than those who do not, hmm?) -Eating low carb does not mean you sit around noshing on bacon, meat, cheese and pork rinds all day. (The only difference between the way I eat and the way the standard American eats: my plate does not have french fries soaked in trans fats and a piece of bread around my burger. If I should choose to eat a burger, I will have a whopping side of healthy vegetables and nuts and I will *not* chase it with carbonated sugar-water.) -People who eat low carb are not necessarily constipated all the time (on this plan fiber is theoretically unlimited. With all the veggies, fruits and nuts, etc. I venture that low carb people eat MORE fiber than most.

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