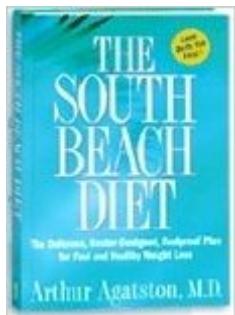


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# South Beach Diet, 1 Book



## **Synopsis**

South Beach Diet was written by Arthur Agatston, M.D., who is a cardiologist who has served on committees of the American Society of Echocardiology, the American College of Cardiology, and the Society of Artherosclerosis Imaging. The first half of the south beach diet book details the science behind the South Beach Diet. Most of the explanations revolve around why things you thought were healthy--orange juice, wheat toast, carrots--are actually evil. To avoid blood sugar surges, Agatston created a modified carbohydrate plan, recommending plenty of high-fiber foods, lean proteins, and healthy fats, while cutting bread, rice, pastas, and fruits. Major differences from other diets include a lack of concern over portion size and a serious indifference to exercise. Feeling full while on a diet is a beautiful thing, but it seems odd that a cardiologist buries his exercise recommendations in a solitary sentence. The last half of the south beach diet book covers his three-stage plan.

## **Book Information**

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Product Dimensions: 9.2 x 6.6 x 1.2 inches

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Average Customer Review: 4.4 out of 5 stars See all reviews (24 customer reviews)

Best Sellers Rank: #186,468 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet

## **Customer Reviews**

I have lost the weight I have wanted to lose, but need more variety of healthy foods in my diet to maintain the weight loss. I believe in losing weight on your own, to be at a normal weight for life, that is the only way to take it off and keep it off. Be responsible for yourself and do it yourself. The only program that makes any sense is weight watchers which I used probably 35 years ago. I never became a lifetime member but the program is a good one if you are struggling to lose weight on your own and can't stick to staying away from the unhealthy fattening foods. It helps you to eat normally . The south beach diet plan is not a diet. There are 3 phases which I am not going to do, but I am using recipes from all 3 phases. It is a heart doctor who started the south beach diet after I guess years of research. One of the worst things for us is sodium. These recipes watch how much

sodium is in each dish. I do not cook with salt and the recipes I have tried so far do not call for salt. I am thoroughly satisfied with this purchase and would recommend it to anyone. The recipes call for normal items and are simple to make and do not take much time. Even children would like them. My husband is extremely picky and he even thinks they are great.

I am on the South Beach diet to drop a stubborn 10 pounds. Before I got married I used to eat Atkins - sort of . This diet is like Atkins only the book shows you a lot more choices and is a great help if you have no discipline. I also bought the "TASTE OF SUMMER COOKBOOK". They were worth it. My wife uses them all of the time. We have cut way down on the amount of carbs we consume. Protein is way up. So is my strength, endurance and muscle mass.Try this book it my change your life. I have lost 4 pounds so far. Not too bad considering Xmas and New Years.

I bought this book to replace the one I sent to my brother. It is a great diet and they have some great reciepes in this book. Not for just diet, but for everyday cooking. I would recommend this book to friends.

This book has a lot of good information in it about how one should look at food. I have read the book before. I ordered two of these books on here because my aunt and a friend of hers wanted a copy, but they could not find it any local book store. As far as I know they also love the book. My aunt has been following the book's advice with some success (so far).

This diet works! I went through the complete regimen starting in May 2004 and have generally remained on Phase 3 since then. I lost 40 pounds over several months, and although I have given back some 10 pounds in recent years by ingesting too many bad carbohydrates, my blood chemistry has remained good. During my September 2014 physical, my overall cholesterol was 143. When I started dieting in 2004, I began walking almost daily after entering Phase 2, and I found I could make good progress by power walking 30 minutes a day and excellent progress by walking 45 minutes a day. Since then, I have continued to walk regularly and engage in seasonally appropriate activities, including hiking and skiing.What I like most about power walking in addition to watching what I eat is that all I have to do is put on my walking sneakers and walk out my door. I can get in some good exercise in less time than it would take me to drive to and from a fitness facility and avoid putting undue stress on my joints.

i usual go on this diet as long as a month, it is very restricting but filling. then i jump on weight watchers point diet, i have lost 50 pounds so far. not a crazy fish eater and there are a lot of recipies in this book for fish.

Great book if you are looking to get into a healthy new life style. Not a quick fix, but a life style change. Follow the program and weight loss and health will be yours.

I love this book, great diet to follow and has so much medical/practical informatin in it to help everyone with diabetes or heart conditions.

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