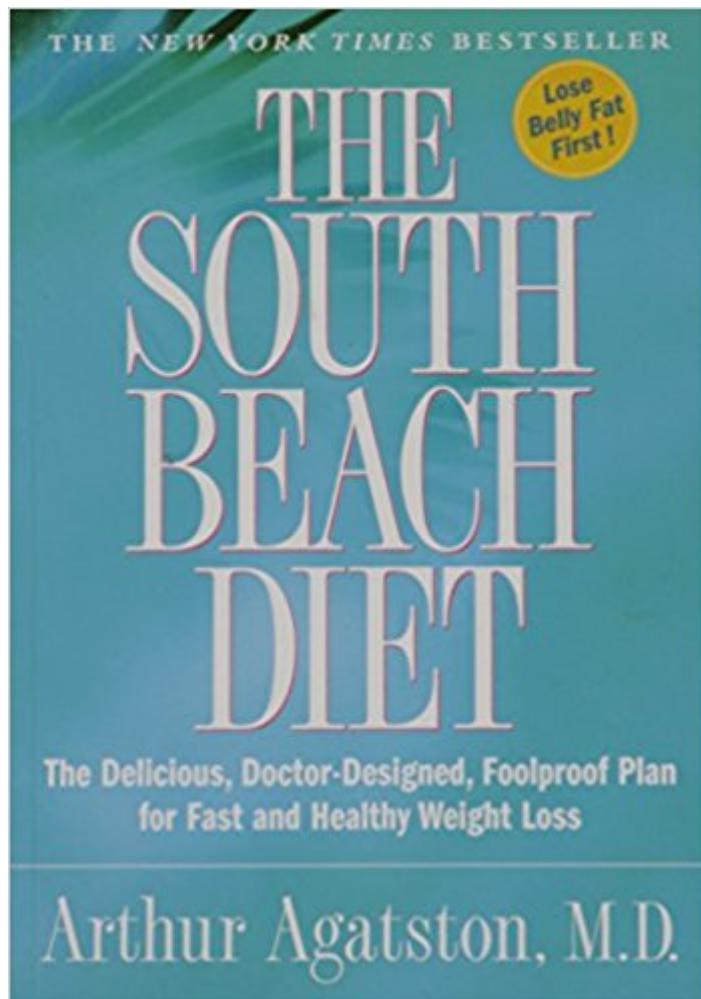


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# South Beach Diet



## Synopsis

THE DIET EVERYONE'S TALKING ABOUT! 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-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. Structured in three simple phases, this may be the easiest diet that you've ever tried. PHASE ONE: Say goodbye to bad-for-you "goodies"! Your cravings will disappear...and so will eight to thirteen pounds. PHASE TWO: Your stomach is visibly smaller and favorite foods are back on the menu! Your body is burning calories, not storing them! PHASE THREE: The stage that lasts the rest of your life-normal foods in normal portions. You will keep your ideal weight...and maintain your health and vitality. With recipes and meal plans for each phase! "The real value of the book is its sound nutritional advice." -Newsweek -- This text refers to an alternate Hardcover edition.

## Book Information

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## Customer Reviews

The verdict is in: those simple carbs we've been living on are killing us. For good health, we've got to get our blood sugar under control and stop the incessant cravings. Or so says Dr. Arthur Agatston, author of The South Beach Diet. The first half of the book details the science behind the

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 book covers his three-stage plan; daily diets are mixed with recipes, some of which are from South Beach restaurant chefs. The most restrictive period lasts just two weeks, enough time to stabilize your urges and lose a few pounds; stage two adds fruits and a handful of other carbs, while stage three is meant to last the remainder of your life, with occasional lapses for white bread or birthday cake. While the diet is sound, the book could be better organized. The first half mixes scientific study with anecdote in a seemingly random way, while the mix of meal plans and recipes can be confusing. Still, the recipes are varied and tasty, and you'll never feel deprived, unless you currently happen to live by bread alone. --Jill Lightner --This text refers to an alternate Hardcover edition.

Despite the glitzy title, this is one of the more appealing diet books among the new "anti-carb" programs. Agatston, a doctor based at Miami Beach's Mt. Sinai Medical Center, found that his patients not only were unable to stay on various popular diets but their cholesterol and blood sugar levels remained dangerously high after trying these plans. The doctor chose to alter his own diet--first avoiding all carbohydrates and fruit and then reintroducing these foods in moderation. Feeling better and losing weight, he then consulted a nutritionist to modify his strategy to devise a sound method for his patients. The South Beach diet begins with a somewhat restrictive two-week program, generally producing a weight loss of from eight to 13 pounds. The initial phase may be difficult for those who crave bread, pasta and fruit. But there are still choices, and snacks (cheese, hummus, vegetables) are a necessary part of the diet. People shouldn't feel hungry on this part of the diet, stresses the author. The second phase offers somewhat more choices, including whole wheat bread and other selected carbohydrates. Agatston advocates combining the "bad" with the "good." For example, take whole wheat bread and dip it into olive oil, rather than using butter. Eat a very small amount of pasta with lots of vegetables, meat and healthy oils. Complete meal plans along with simple recipes comprise roughly half the book. Of course, there's no perfect diet that works for everyone but the enthusiasm of the conversational tone and the inviting manner make the book more appealing than many other diet tomes. Copyright 2003 Reed Business Information, Inc.

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Really has been helpful to me in realizing the impact of my diet on my blood pressure and cholesterol. Empowers me to take control of these issues. Would have preferred that there were more recipes that fit in with our lifestyle. Did not address very lean wild meats like venison, wild turkey, etc., or recipes with these meats. But this was not a major problem. Very pleased with this book and diet. Thought it would be really tough to give up all our fruits for two weeks (we eat a lot of fruits), but, actually, it was not. We stayed full.

Finally, a member of the medical profession who has an inkling of human nature, a connection to something besides mere medical reality! I'm normally highly skeptical of such books and almost any medically recommended diet I've ever heard, seen, or smelt. This one is so firmly wedded to practical, everyday concerns and human nature that it simply blew me away. There is no fear peddling, no lecturing--just straightforward, easy to read and understand explanations. Above all, the diet is practical. Its only shortcomings are the considerations of time and expense, especially the latter. This is not so much a failing of the diet or the book, but rather that the agribiz megacorporations have decided that healthy food should be expensive, and food that is bad for you should be cheap. But I can guarantee one thing: you will be astonished at what food is healthy! This diet isn't hard--it's tasty and fun! Even if you aren't particularly overweight, this book is worth reading and serious consideration.

I'm looking into a number of different diets and this has always been popular. It looks doable and the recipe's are helpful. I was using to compare to a Mediterranean diet and there are parallels. I just choose parts of both of these and others.

I received my order within just a few days. The book was in near-new condition with no markings or creases. I use this book as more of a reference guide than as a strict diet regimen. I highly recommend this product. Simply following the "foods to enjoy" section in phase 1 I was able to lose 13 lbs within 2 weeks. After the initial weight loss I have been able to keep most of it off without having to follow the strictness of phase 1. Love this book, and the seller did a great job in promptness of delivery and accuracy of product description.

There were a number of things I was eating and thought I was being healthy. Although it takes some

time to get there, the book helps you determine what are the foods you should and should not be eating whether you diet or not. I bought an extra copy for my son, so he would be aware of it.

My niece has lost 64 lbs so far following the South Beach Diet plan. She attributes this to the author and says that he has finally taught her how to choose foods effectively, without sacrificing taste and never feeling hungry. Author and medical doctor, Arthur Agatston communicates very well with oodles of research and knowledge to support his claims. Most important for me, he handles the subject of weight loss with compassion and dignity and offers the reader the opportunity to make life-changing decisions painlessly. There is work involved here-- recipes to follow require frequent visits to the supermarket but add lots of interest and pizazz to daily meals and snacks. In support of my efforts, my husband has made the decision to join me and is also following the plan. He's really enjoying himself and doesn't feel like he's "dieting" at all!!! I'm mildly hypoglycemic and since I'm following the South Beach Diet, I haven't had any low blood sugar episodes and yet I have dessert with dinner everyday! First two weeks are very strict but in the next phase, the diet offers many more healthful meal options making the commitment a lot easier. I'm very pleased with the results so far and never feel deprived or hungry!!

Some of us wanted (needed) to diet, but not everyone. This is a great combination book of dietary and nutrition information along with recipes. I have a LOT of cookbooks (mostly non-diet) but this one (along with the other Southbeach Books) gets the most use. The recipes are actually easy enough for me to do - mostly with ingredients I already have, which is key - and delicious enough that we've made them even when we're not "on" the diet anymore. We bought copies for friends and relatives too, we liked it so much.

Many other diets have been built on the no-carb revolution based on Dr. Atkins approach. Many good recipes and we still use it today when we are trying to cut the lb's.

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