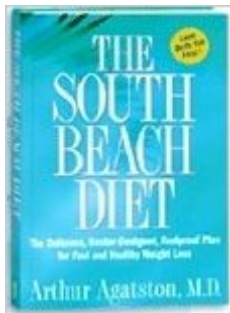


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# South Beach Diet, 1 Book



## 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

Hardcover

Publisher: Example Product Manufacturer

ISBN-13: 978-0312315214

ASIN: B001F8JD04

Package Dimensions: 9.2 x 6.6 x 1.2 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.3 out of 5 stars 25 customer reviews

Best Sellers Rank: #557,581 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet

## Customer Reviews

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his exercise recommendations in a solitary sentence. The last half of the south beach diet book covers his three-stage plan.

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.

Great book. Arrived in pristine condition.

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).

interesting read if i can just stick with it i do believe it is a good healthy diet :)

I've been a fan of the South Beach Diet for a number of years and just needed to replace my paperback copy, which I'd lent to a colleague. The hardback should hold up for years!

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

This was a requested gift that was really wanted. It was shipped and arrived in perfect condition. I would order this type item again.

i usuall 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.

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