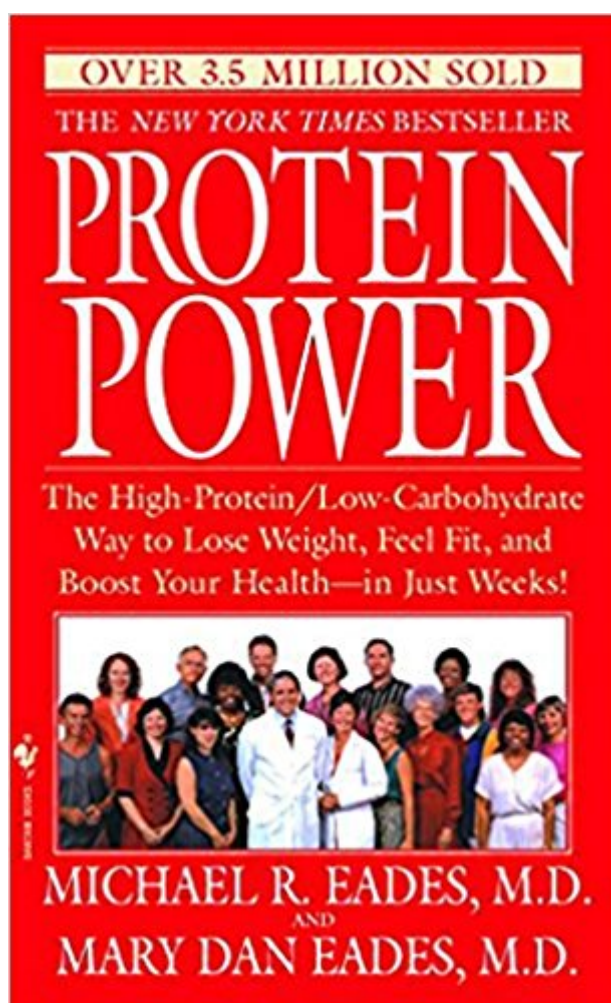


The book was found

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



Synopsis

New York Times Bestseller - "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. Includes recipes for healthy meals to lose weight. 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.

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Customer Reviews

If smoked salmon and cream cheese omelets, sautéed jumbo shrimp, and double-patty burgers suit your palate, belly up to the Protein Power diet: "Not a high protein diet" but "an adequate protein diet." Doctors Michael R. and Mary Dan Eades make a persuasive case in favor of "the diet we were meant to eat." Similar to Dr. Robert Atkins's New Diet Revolution, the authors cite insulin as the

main culprit in weight gain and expound the benefits of a diet extremely low in carbohydrates. Carbohydrates, which are changed into sugar during digestion, stimulate the body to store fat, making weight loss virtually impossible. The most revolutionary idea put forth in Protein Power is that the fat you eat has very little bearing on the fat you gain: in other words, we aren't what we eat after all. Researchers have found that eating larger portions of protein in conjunction with severely reduced portions of carbohydrates causes people to burn the excess fat stored in their bodies. Protein Power is packed with helpful charts and formulas, so you can estimate your body-fat percentage and your ideal weight for your particular body composition. There are worksheets to calculate your protein need and carbohydrate and protein equivalency charts, as well as charts that allow you to track your fat and weight loss. But this book is not all grams and percentages: it also shows you what a day of eating on this diet would look like and includes sample menus and 70 pages of recipes. If you've been starving yourself for years and just can't seem to lose weight, this may be the diet for you. --Jhana Bach

The Eades, who share a weight-loss and family-medicine practice in Arkansas, have each written a popular medical book?his is *Thin So Fast*; hers, *The Doctor's Complete Guide to Vitamins and Minerals*. In their first shared volume, they turn popular weight-management beliefs?and the latest FDA food-guide pyramid?upside down. For years, overweight Americans have been counseled to turn away from meat and fat and embrace a high-carbohydrate diet. Joining a growing band of researchers that includes Barry Sears (*The Zone*), the Eades discuss the biochemical roles of hormones in the metabolic process to demonstrate why low-fat, high-carb programs don't always result in weight loss and present a convincing case for their high-protein, low-carb alternative. The key is preventing, through diet, overproduction of insulin, which itself "controls the storage of fat" and is triggered by the ingestion of carbohydrates. Their eating plan?which is bolstered by lists of protein and carbohydrate counts for common foods, a collection of about 75 appealing recipes and discussion of the necessity of exercise?will lead, they aver, to the body's more efficient burning of fat, leading in turn to reduction in one's percentage of body fat. Cholesterol, vitamins, minerals and various risk factors are also discussed. Chapters end with fairly complete summaries that will be appreciated by readers who are not willing or able to work through the fairly extensive scientific data cited by the Eades in this iconoclastic program. Copyright 1995 Reed Business Information, Inc. --This text refers to the Print on Demand (Paperback) edition.

Interesting theory and a good read

If you've read any prior reviews of mine on a couple of diet books/cookbooks, you are aware of my frustration. This book, not only has recipes that I can easily incorporate into my lifestyle, but the ingredients are not hard to find in our "2-grocery store" town. It is well worth taking the time to read the authors' (who are medical doctors), explanations about the High Protein/Low Carb way to lose weight. Having a better understanding, has helped in my food choices. I received this book while on 5 days of bed rest. I immediately began eating the way the book prescribed, and lost 3.4 pounds in 5 days....with NO exercise or even regular activity...and i'm a 60 yr. old woman.

Have to get used to reading a text book. However, if the change of lifestyle and food intake start paying off, then we made a very smart purchase.

Used this 7 years ago lost 90 lbs and brought cholesterol and BP back into normal ranges with no meds. Back slid going through some family members health issues. I am starting over with it. I have faith it will change my life again.

Great book got here on time

And very fortunately, the best way to loose weight! As Voltaire said: "Every man is the creature of the age in which he lives; very few are able to raise themselves above the ideas of the time." One need only read the negative reviews of this book to see an illustration of this phenomenon. Most physicians, laymen, government groups and medical groups following the well worn path of least resistance, have parroted the accepted collective wisdom of the "establishment" mouthpieces: our diets should be based on a low fat paradigm. The only problem is they are wrong, dead wrong as it turns out. And in their bovine refusal to acknowledge the evidence demonstrating conclusively the failure of their approach they have done a grave disservice to the public. That's us folks!! I am a physician. All my professional life I was steeped in the disinformation regarding low fat diets. And I kept getting fatter and fatter and fatter. Then a friend told me about the low carbohydrate approach to loosing weight. At first I scoffed and rejected out of hand such an outlandish diet. But finally, desperation forced me to at least take a look at this "counterintuitive" approach. And I was delighted that I did! I managed to loose a whopping 16 pounds the first two weeks of the diet. Needless to say I was and am flabbergasted! But my weight loss has slowed substantially since those first two weeks and I am reading the Eades book more carefully in an attempt to get back on track. In

particular I've just started limiting my portion size and making sure I don't eat too much protein. This seems to have kick started my weight loss and I am merrily on my way. Remember, restricting portion sizes and protein levels is NOT difficult since fats have the effect of producing satiety and since you are no longer ingesting carbs your insulin levels are no longer whipsawing your glucose levels. In other words, your food is not longer sabotaging your diet! Your food is actually working FOR you instead of against you. And how does the diet accomplish this miraculous feat? By harnessing the body's own physiology to work in concert with your objectives. Sort of like letting the body have YOUR own way! The objective of the Eades approach (and all low carb approaches) is to reign in the out of control insulin levels which can wreak havoc with your body and health causing hypertension, heart disease, hyperlipidemia (high blood cholesterol), and excessive fat storage (obesity!). Many have stated that when they go off the diet they gain the weight back. Well DUH! This is a practical and lifelong approach to keeping the weight off. But you must restrict the amount of carbs in your diet for this approach to work. Otherwise you'll be back to your old addictive habits in no time with all the attendant health risks. I ingest fewer carbs than are allowed by the Eades and find I am able to more easily stay on this dietary plan. By increasing my carb levels I am simply "playing with fire." I am VERY susceptible to the siren's song of carbohydrates. By reducing my portion size and amount of protein I seem to have accelerated the weight loss. Now there are those naysayers who whine and bellyache that they can't stay on the diet or that they feel too deprived or that they are nauseous, or that they are weak or blah, blah, blah blah blah. THESE symptoms are due to WITHDRAWAL from carbohydrates and it is your body trying to sabotage your dietary changes. Hang in there! And then there are some (VERY few) on whom the diet does not work. Honestly we shouldn't be surprised since quite obviously not all physiologies are alike! But for the overwhelming majority, this diet works great. If you love to eat, hate to count calories, want to improve your overall health and want an approach that WILL work and more importantly that you CAN LIVE with - then this is the diet for you. I've willingly accepted the benefits of this dietary approach and understand that in order to maintain my health and weight I must eat like this for the remainder of my life. The first step for you will be to accept the fact that you are a carbaholic! But by going cold turkey, you will gain control of your cravings within 2 to 21 (only in rare cases) days. Oh, I almost forgot to mention. I feel great. No more post meal energy crashes. And I feel 20 years younger. I honestly had forgotten how easily I used to move around. You owe it to yourself and your loved ones to at least read this book. And if you don't find the Eades approach to your liking there are plenty of other low carb approaches: Atkins, Neanderthin, South Beach, Carbohydrate Addict's Diet, and Sugar Busters. In my opinion, the best are Atkins and Protein Power. Good luck, and keep

an open mind. It may just set you free.

I have struggled with my weight, my blood sugar and cholesterol for years. My therapist recommended that I take a look at this book. In the 4 weeks I've been following the program, I've dropped 15 pounds, 3 inches off my waist and feel better in ways that I never even thought about. I type for a living -- among other things -- and my hands used to ache after 20 minutes of work. I thought it was arthritis until I started on this plan, and I now know it was retained fluid putting stress on my joints. The book is clear, but not particularly concise. The doctors Eades are trying to describe highly complicated metabolic activities in a way that makes sense to the average lay person. That isn't easy, and they sometimes miss the mark. The reading can be rough sledding sometimes, but hang in there. Understanding the principles behind the plan is essential to being successful. Once the reader gets beyond the metabolic description and into the plan itself, the doctors Eades have a much easier time. The calculations are easy, but they take a few minutes and a tape measure. Once you get the amount of daily protein needs are established, it's simply a matter of using the Eades' helpful tables to plan meals. Some reviewers have complained that Eades overemphasizes the protein levels and does not encourage eating fruits and vegetables. That is a misunderstanding of the plan, to say the least. Yes, the first phase of the plan is highly restrictive when it comes to high carb vegetables and most fruits. But the plan does have a Phase II and then a maintenance phase. The two phases stair-step the carbs back up to a reasonable level. The book is a bit dated -- it was written in 1995 -- and could do with an update. But it is still the solid gold standard for living a high protein/low carb lifestyle.

Great book! Describes the scientific reasons behind the recommended eating plan. There are supporting studies to further support the idea of eating more protein and less carbs. My husband and I have eating close to the plan (basically avoiding carbs) for the past 3 weeks. I have lost 6 pounds. I feel better and it way more fun to have meat, cheese, cream, whole milk!! I love Protein Power!!

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