

The *New York Times* Bestseller

The
**ENGINE
S
DIET**

The Texas Firefighter's
28-Day Save-Your-Life Plan
that Lowers Cholesterol and
Burns Away the Pounds

**Eat
More,
Lose
More**

RIP ESSELSTYN

Rip Esselstyn

The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds



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Lose fat, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. Therefore, when he learned that a few of his fellow Engine 2 firefighters in Austin, TX, had been in dire physical condition-several had dangerously high cholesterol levels (the highest was 344! After that follow the wonderful assistance of Rip Esselstyn, who's both. By following Rip's system, everyone lost weight (even more than 20 pounds. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his / her health, weight, and well-being-most without heroic effort. 344's dropped to 196), and improved their general health. With Rip as your professional trainer and motivator, you'll transform your body and life-style in a month. Now, Rip outlines his proven plan in this book. Dean Ornish's Program for Reversing Heart Disease This invaluable information features:

- **Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that could keep you looking towards every bite
- **Pantry-stocking ideas will take the panic out of inevitable cravings and on-the-fly meals
- **Guidelines on menu choices that will enable you to eat out, wherever and whenever you want
- **Rip's basic, firefighter-inspired exercise program that will boost your fat burning capacity and melt your excess fat away.

(Mr. "Wish to be as strong mainly because a Texas firefighter? Or simply because healthy as a specialist triathlete?)-he sprang into action and created a life-saving plan for the firehouse. D. Strongly suggested!, Founder and President, Preventive Medicine Analysis Institute, Clinical Professor of Medication, U of California SF, author, Dr. His book can save your life--whether you're a man or a female." -Dean Ornish, M. His plant-powered diet program is founded on a diet plan of entire foods, including whole grains, fruits, vegetables, legumes, nuts, and seeds.



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Total Cholesterol Down 69 pts and I've Misplaced 20+ Pounds! I'm a genetic time bomb. Cardiovascular disease exists in both my parents and their parents and their parents... You obtain the idea. I was identified as having carotid artery disease at 47. While my cholesterol has remained managed by medication and a heart healthy diet, ultrasounds showed that they have not really stopped the progression of plaque build-up in my arteries. Obviously, I needed something even more. I lost 3pounds on the seven day rescue and I'm looking forward to losing a lot more with the 28 day plan outlined right here. I keep this book on my telephone as a source when shopping or cooking and it's made things so much easier. I'm finally there. Inspirational and useful. A size 34 waistline to 32 waist. I believe it is an excellent reserve and would recommend it to everyone. Today, I got confirmation from my doctor that my total cholesterol has dropped from 188 to 119 and my LDL from 119 to 56. Nope, not a typo.. His once high blood pressure is now normal. Oh and I've dropped 31 pounds in the process.

Words and phrases of Encouragement: Reading Labels Sucks.. Easier to consume some cereal or oatmeal with that fruit. You're probably thinking: what does this want to do with The Engine 2 Diet plan?" and "Will this even turn out correct without the oil?.. I'll probably relax the "no essential oil" aspect a bit on the highway. I would want to tell you changing your diet is easy, nonetheless it will take dedication and perseverance. Tho there are a few excellent resources filled with recipes and how to cook and bake for vegans on the web, there were always the queries in my own mind: "How do I do this without the essential oil? Confession: If you are considering changing your health like I did, I will and need to admit to being truly a little frustrated." THEREFORE I discovered myself in a "secure rut" with few and limited players on my plate and in my bowl that tasted good and were diet plan allowed. Boring! The Engine 2 Diet has served to reveal all my gray regions of understanding and provides put variety back into my life. He shares some extremely interesting stories and information throughout the book. Rip explains a lot of the fresh foods and terminology you'll encounter and he lets you know how exactly to prepare them, as well. I struggled in the early days (but still do sometimes) racking your brains on what's OK to include or skip. Rip put's it within black and white. Though I couldn't imagine life without cheese and milk products, I understood that if I was going to change my fate, something this "drastic" was needed. There are many sources for conforming dishes so it's easy to cook satisfying foods at home. I HIGHLY RECOMMEND THIS BOOK! But it is a required evil. And yes, a good single drop off essential oil is usually a drop too much. Sure you'll lose fat, sure you're cholesterol will drop. Dr. My husbands total cholesterol went from 289 to 168, without medication! I was not overweight to start with, however now I am back again to what I weighed when I was 25. Struggling to take any prescribed cholesterol medications I've lowered my amounts to the bigger end of appropriate. I was already taking in a plant centered diet when I examine it, but it is filled up with useful recipes, actually for those currently familiar with the lifestyle. Five Stars After I go through it I eat fast food more Do it! It gets easier and subsequent trips to the grocery store gets easier as you learn your safe labels. I'd like to share a little approximately what eating in this manner has done for my children. Personally i think great eating in this manner. Don't Skimp about High Protein Veggies, Grains and Beans. This is easy to perform especially if you have a busy lifestyle. On the other hand; So many things contain oil.. My "roll" provides almost vanished. Nevertheless, you run the chance of upping your triglycerides together with your carb only consumption. Increased triglycerides can result in diabetes. Esselstyn's diet plan has turned out to be a godsend. I take advantage of a disposable bowl for oatmeal to eat at red lamps when I'm in a genuine hurry. Thankfully, this is not too often. After 60 times, I lost 24 pounds. I ordered this book a couple of years ago, and browse it from cover to cover, in a brief period of time. I came across it to end up being quite well written, able to capture and hold my attention, as well as informative and resourceful. Talk about amazing! This is a really great book. It could possibly even be existence changing for some looking for better health.. This book is crucial for your new lifestyle. He advocates for consuming a complete foods, plant based way of life; He went from 215 pounds to 165 pounds! It has a lot of his favorite quality recipes, and

they are really quite tasty. While the compliments are fantastic on my brand-new appearance and it's exciting to end up being 2 sizes smaller, the real adjustments (I hoped) were occurring on the inside. Don't worry on the subject of not getting enough fat in your diet.. in addition, without the added oils. Nonetheless it wasn't about the pounds loss for me personally. His diverticulitis seems to be in remission, having no episodes, in years.. He is now schooling for his first Full Ironman, this August! I just recently stumbled upon it again, while going right through my books and skimmed through everything over again. That is without issue a lifestyle transformation rather than temporary "diet. My blood circulation pressure and cholesterol have never been high, so I can't say eating this way changed that. I have performed a marathon, as a vegan, and taken 17 mins off my previous time, when I ate the Standard American Diet, even though I was 3 years older! Plants and grains contain plenty in their "natural" packaging. Having lived my life consuming a lighter edition of the Western Diet plan: fruits or veggies at every food, minimal red meats, large on the grilled poultry, turkey and seafood, low sodium and zero fat milk, cheeses and ice cream (remember, CU disease is usually a family way of life) I didn't possess a large knowledge of the variety available in a plant centered diet and how the heck to prepare these things, let alone make sure they are taste GOOD. If you slip, don't give up, simply do better the very next day, or next meal. You will notice results, as time passes. You're worthwhile and scanning this book could be just the start, or inspiration, to keep, that you need. Thanks, Rip! Everyone needs this book. Rip did a great job with this reserve. I began with the seven day time rescue and bought this but I'd been focusing on going plant centered for a year and a half since seeing Forks Over Knives. Therefore, I adopted the dietary plan based on the information obtainable in his father's publication and begun to see DRAMATIC results about 2 weeks into the diet. I found and go through Rip's father's book, Prevent and Reverse Heart Disease by Caldwell Esselstyn, and LOVED the info and the strait to the idea "what" and "why" of a vegan, no-oil life style.) Hang in there. It's worth it! I've been third , diet as most effective as I can since March of 2018.. That said , do the best you can it is worth it. 56! Good cookbook Good cookbook Good Book Good book Thank you Great eating plan. I also lost 14 pounds, which amazed me since I did not count calorie consumption or skimp on portions at all. That was my wake-you-up call, and, having been launched to E2 by a friend, I adopted it totally. Seven weeks later on I acquired another lipid test completed and my total cholesterol experienced plummeted to 144. My doc's comment when he reviewed the results was "How'd ya do that?" All my lipids are now in the perfect range. Great book Great Fast shipping Great recipies Cholesterol lowered by 72 in 7 weeks My cholesterol has always been below 200, until June, when it hit 216. Especially those that are said to be "good" oils (olive, canola, soy.. I tried out the E2 "meal planner" service but we didn't care for the recipes. So, therefore easier. Traveling is even more of a challenge. In the beginning. I have removed 15 pounds rather than gained it back, during the past 6 years!" I don't feel like I've sacrificed anything. Grabbing an instant little bit of fruit and espresso for breakfast for instance, IS diet friendly, but you just fasted for 6-8 hours when you slept. this feels like the best way to live.



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