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THE NEW YORK TIMES BESTSELLER

PROTEIN POWER

The High-Protein/Low-Carbohydrate
Way to Lose Weight, Feel Fit, and
Boost Your Health—in Just Weeks!



MICHAEL R. EADES, M.D.
AND
MARY DAN EADES, M.D.

Michael R. Eades

**Protein Power: The High-Protein/Low Carbohydrate Way to
Lose Weight, Feel Fit, and Boost Your Health-in Just
Weeks!**



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New York Times Bestseller - A highly effective, medically sound diet that lets you eat bacon, eggs, steak, even cheese? End craving. Lose weight. It's true! Experience in shape. Without counting fat grams and without quitting the foods you love. So if you've been living the low-fat, no-fat way and still haven't lost weight, stop blaming yourself! Based on cutting-edge research, this groundbreaking and deliciously satisfying plan has already helped thousands of patients lose fat and achieve various other lifesaving health benefits, including reduced cholesterol and blood circulation pressure readings and a noticable difference or reversal of common disorders such as for example heart disease, adult-starting point diabetes, and gout. Produced by Doctors Michael and Mary Dan Eades, the easy regimen calls intended for a new way of eating: a protein-wealthy, moderate-fat, low-carbohydrate diet that will perhaps you have feeling better and more vigorous within weekly, and help right blood sugar, high blood circulation pressure, and elevated cholesterol within three weeks. Includes recipes for healthy meals to lose excess weight. Instead, convert to the breakthrough metabolic plan that replaces lifelong dieting with lifelong health.



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I DID start this diet 20 yrs ago! I DID SO buy this publication when it first arrived! Stay with it. They just want to write something (anything)? BUT, within a short time, I reunite on the equine and in no time, back to being in good shape. and it still does, 30 pounds less on the scales and six inches less around the belly. It's hard to know. It takes dedication and it's very difficult the first week.! They persuaded me, two decades ago; There are therefore many things (that taste good! Well okay, occasionally I've fallen off the wagon, become it pushed by glucose cravings or alcohol. They are paid by the glucose industry somehow? You just want to yell "it isn't a dam* fad"! If you want to understand low carb diets, you need to browse the book. You have to learn how to determine 'net carbs' from product labels. A must buy. You have to question about their motivations?) that work on a low carb diet. You have to put the function into it to discover them and cook them. Read and followed this plan 15 years ago to lose excess weight for my daughters wedding and it worked. This book provides fundamental knowledge that one can gain a perspective that will permit someone to comfortably begin to confidently manage his own health. In the event that you buy into the science that is explained in easy to understand terms, weight loss is easy.) the better, it would make our lives easier and vastly more healthy! motivational. Good to have to refer back to on different topics. Outstanding! After being identified as having Type II diabetes 5 years back, I read the book again and also have dropped my A1C from 11. Eades writes it therefore well that it's completely understandable to also nonscience types.. A plan that works The difference between the Drs Eades' book and the others is a well documented rationale for each part of his plan. Extremely effective weight loss program. Eades rocks it! I wish We had read this reserve when it first came out, but it is still highly relevant 2 years later Excellent book. It addresses the science of fat burning capacity in an understandable way. This book is full of gems, particularly if looking at the total amount of insulin vs. glucagon hormones, which get what happens with our rate of metabolism and how our anatomies are affected. It is hard to believe that can be controlled by the composition of foods we consume--proteins, fats, and carbohydrates and the relative proportions of every. Great book. Mainly, he was still recommending a bit more fruit and the grains that we no longer do in Keto today, however the understanding of the biochemistry of ketosis one benefits in reading this tome far, far outweighs that minor bump. This one works!!3. Providing evidence for an increased meat, more carnivorous method of eating decades before it became because well-known as it is definitely now. P. I'll admit though, it's most likely not for everybody. You gotta appreciate everything meats and eggs and additional Protien sources and you don't have to count calories. Say good bye (until your on maintenance setting) to carbs, including sweets, bread, pasta and the rest that makes you fat. Choose the paper version. There's a lot of

charts and tables you'll want to make reference to. It's a little cumbersome with digital. About 20 years have passed since he wrote it, so some small bits of his advice have been outdated. But that is what some wish to characterize it as. I attempted it and stayed with it since it worked well.. He also tosses in a few literary estimates for those who are inclined that way. The thing I discover the most disturbing is definitely soooo many content about these 'Fad' low carbohydrate diets. Do your component to stop the obesity epidemic! It works! This book was recommended to my hubby when he was in ER for possible coronary attack. He is assured he can lose right now. He has lost 21 pounds so far and is continuing to lose. He's very overweight. I too am losing weight. Nothing else has worked for us.! Very great information. And also have been using this diet ever since! If your seriously interested in losing weight, purchase this publication and follow the recommendations to a "T". Therefore join the club! This book provides great education on crucial science to understand the biochemistry behind the Ketogenic diet and Dr. 5 (yes, that's not a typo) down to 6. You WILL know very well what to consume, what never to eat, and why. My doctor's comment, keep following the program you are on since it is working! Not only assertions based on intuition or "good sense," but facts based on responsible research and clinical experience. I lost over 10 lbs the 1st week, and 45 pounds in about 4 a few months. S. I also am dropping excess weight that makes it even better. What a wonderful way to lose weight. In case you are really attempting to get your insulin to be able, lower bad cholesterol and increase good cholesterol, lower blood pressure plus lose fat this is the publication for you. That is a life style change that's doable. It really helped to comprehend why I needed to eat in this manner, and what caused the center attack that I experienced. I have currently started losing and also have been on this program for one month. Gleam companion publication called "The Proteins Power Program" with menu ideas that really helped get me started. For you personally health I would recommend this book. What your doctor won't let you know! The more of us that demand mfg make items with much less carbs (NO ADDED Glucose! Lots of great, accurate details. The best component of all, you won't be hungry in the event that you do things correctly. Useful details. You need to recognize when some labels make zero sense re their sugars amounts (and to avoid them). Wouldn't be without a copy, ever. Best book ever. Great read! Wish I'd heard of this book in the past. But follow the program and it works. Good information. This good has some great information regarding diabetes. Get rid of synthetic poisons carbs. Existence changing, inspiring & I'm happy to now have this book on my kindle. Good book Good book Five Stars Excellent book



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