

THE

PHENOMENAL BESTSELLER

REAL MEAL REVOLUTION

**THE RADICAL, SUSTAINABLE
APPROACH TO HEALTHY EATING**

PROFESSOR TIM NOAKES, JOANNO PROUDFOOT AND SALLY-JANE CREED

Tim Noakes

The Real Meal Revolution: The Radical, Sustainable Approach to Healthy Eating (Age of Legends)



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'Scientists labelled excess fat the enemy . . . 'Time magazine We have been told for years that eating body fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. they were wrong. The Real Meal Revolution debunks this lie and displays us the way back again to restored health by eating what human beings are designed to eat. This extraordinary book, currently a phenomenal bestseller, overturns the traditional dietary wisdom of recent decades that positioned carbohydrates at the base of the supposedly healthy-eating pyramid and that has led straight to an internationally epidemic of obesity and diabetes. And you could eat meat, seafood, eggs, cheese, butter, nuts . . . usually the first things to end up being prohibited or severely limited on most diets. That is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific study and by now incontrovertible proof. This publication will radically transform your daily life by showing you clearly, and easily, how exactly to take control of not only your weight, but your general health, too - through what you eat. Both a startling revelation, and as older as humanity itself, it includes a truly revolutionary method of healthy consuming that explodes the myth, amongst others, that cholesterol is normally bad for us. This is emphatically not only another unsustainable, quick-fix diet or a fad waiting around to become forgotten, but a long-delayed return to the way humans are likely to eat.



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LCHF is the way ahead in reversing modern day diseases Great reserve that everyone should read! I didn't expect to have to analyze each recipe for myself. I will continue to eat this way for life! Easy to understand! An excellent introduction to Banting/Keto/Low Carb High Body fat Nutrition! And to offer the outdated one, but not the updated one, as a Kindle Deal is, well, greater than a little little bit disingenuous. Recommend to anyone interested in a healthier lifestyle. Maybe I got the wrong impression somewhere, because there's very little about those. At the beginning, your diet can look like a high protein one if you need to lose fat. For instance, the 2.0 version clears up the actual fact that: 1.0 version which adds more information and another dimension to this book. 2. High fats doesn't mean a fats eating spree. Don't add more fat to your diet if you want to lose fat. 3. 4. It says HOW TO achieve Banting correctly in phases, etc. I enjoyed the recipes as well. Friends told me about this book and I'm really pleased that I got it! Looks like so am buying a truckload for Christmas presents. Great book. Started this diet two months ago, and lost 17lbs!. :) Excellent book to understand on the subject of Banting and how exactly we have . Whahool. Excellent book to understand about Banting and how we have been so mislead about what to eat. 0 version, not this one I just bought this on a Kindle Daily Deal. Recommend signing up to website listed in book to be able to have most up to date info. Recipes look good. Mainstream medicine is definitely on the trunk burner with regards to nourishing a healthy body. Lots of pretty pictures, but no nutritional ideals for the recipes. This gave an excellent description of how and why Banting works, and there are lots of good recipes too (with photos). Helps it be a challenge to put together a menu. LCHF changed my life, I have lost 100+ pounds on it and my health provides improved vastly, with normalized blood pressure (after over a decade of High BLOOD CIRCULATION PRESSURE), sleep apnea is gone, my skin solved, I have energy during the day with no more carb crashes/naps. ALL YOU HAVE TO DO GO LOW CARBOHYDRATE After many books, classes and online research in to the healthful benefits of a very low carb diet, I am thrilled to find this book. It's all anyone needs to understand the foundation of extra fat phobia, why eating fat is so good for you, understanding the metabolism of a ketogenic diet vs. a glucogenic diet plan, all of it! Very well created and easy to understand. Oh, and a slew of quality recipes too. Great publication and a really easy read. EATING THE RIGHT WAY Dr. Noakes did his research and I found this book very interesting and a pleasure to read. Lots of pretty pictures Recipes look good. Slightly Disappointed I was expecting more information about insulin resistance and/or Metabolic Syndrome. If you are interested in the more nitty gritty information then I would suggest reading the two 2. People even somewhat familiar with LOW CARBOHYDRATE, Paleo, or Keto eating won't find much fresh here. It states just how many servings each recipes makes, but I think it will be helpful if it also gave the amount of carbs and calorie consumption in each serving as well. Not only are the photos lick-the-page gorgeous, but the truth that they're based in South African cuisine makes them new and various for people who are accustomed to UNITED STATES and European cooking. Great reading Great reading Amazing book Good reading on knowledge of Ketogenic diet. I recommend the reserve to those going to start on Keto diet. Jk End the cycle of frustration I recommend this publication to anyone who's ready to get off of the routine of weight reduction and weight gain. In case you are insulin resistant at all this is actually the book for you. Informative Easy read Buy the newer 2. The food lists have transformed since publication. Five Stars WOW Good explanation of Banting and how it operates, recipes included! 0 version of the book out, which has already been being sold; why also bother offering the first version whether it's outdated? The recipes are beautifully completed and the reasons behind the diet are written to end up being easily understood by

any lay person. There is a 2. Disappointing in that respect. However, the dishes section is beautiful! Four Stars Useful book for a great weight loss system. It can be an expensive diet to follow.



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