

Andreas Eenfeldt, MD



**LOW CARB, HIGH FAT**  
food revolution

Advice and Recipes to Improve Your  
Health and Reduce Your Weight

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## Low Carb, High Fat Food Revolution: Advice and Recipes to Improve Your Health and Reduce Your Weight



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The dietary guidelines they had discovered growing up experienced failed them. a guy loses 370 pounds, another has the capacity to return ten of his twelve medicines at the pharmacy, and an epileptic kid suddenly stops having seizures; all you need to start your own meals revolution. Fascinatingly, these stories all have a very important factor in common; the subjects started eating the opposite of what that they had previously been told was healthful. You hear miraculous stories in the news all the time; dietary suggestions are based. However now the tide can be changing, as more and more major research are being conducted on what the body truly must survive; and the findings are alarming. but still lose pounds. Inadvertently, this advice may be the biggest reason behind the weight problems and diabetes epidemic. It' Andreas Eenfeldt takes the offensive by exploring the severe systematic failures which a lot of today' it's time for real food again! In Low Carb, High Fat Meals Revolution, Dr.s time and energy to have a stand; Medical research has long turned a blind attention to such tales. For Eenfeldt's patients, the solution is a low-carb, high-fat diet plan that allows you to consume your fill; The belief in consuming less fat and less saturated fat is mistaken. The book concludes with a guide section full of tips and recipes; each experiences a miraculous modification in health, all from simply changing his / her diet.



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The information is vital to turning back disease. Overall, a wonderful examine, but a tad little bit academic for many.) Parts We and II cover the history of various approaches to dieting, and provide scientific grounding into how low-carb high-fat (LCHF) diet programs work, territory that's covered by a great many other books out there as well, so depending on how much you've been reading, it could or may not be new to you. I have seen my markers improve so much over the last 12 months with this way of life. My ongoing weight loss is slow but consistent (others get faster results, but I keep myself sane by including small amounts of the best sourdough bread). I have never sensed confident about buying clothes that I like that are a touch too small until now. (Just the other day I realized that my jeans had become as well baggy and that I had a need to donate them and put on the smaller jeans I acquired previously bought.) This is not the only reserve out there about LCHF, several other books cover the same territory, but because this book has some useful features, it really is nice that this book is finally available in English. Unlike various other diet books which take pages and pages to simply explain the dietary plan, the basic diet takes only 3 pages to describe. Now a year afterwards my BP is perfect without meds and My triglycerides are below 150. That's excellent information.

Excellent Reading A lot of understandable science behind low-carb eating. For me, the challenge with low-carb adequate protein eating was wrapping my head around the need for higher amounts of fat that you eat rather than carbs. Couldn't I simply eat more protein rather than all that fat? It is a straightforward read, but does become repetitive as the author makes points, I definitely recommend this thorough reference for those who want to know and for those who might need convincing and for those who have to defend the keto choice to others! In the past there have been a lot of people pushing all sorts of artificial foods and strange recipes (Dr. Compiled by a Swedish doctor who talks about all of the health issues that the Swedes created while pursuing our American dietary suggestions and how they determined why our nation is indeed sick and excess fat before we did.) Finally reading this past year (before this publication was available in English) on Dr. Eenfeldt's blog about how excess protein is changed into blood sugar, so you don't want to eat more than a certain amount, made me realize why low carb diet programs have to replace those carbs with helpful fats, along with just enough protein. I have found that if my weight loss stalls, to make sure I'm eating enough fat, and it resumes. Daily knowledge with tracking my usage on this diet plan has trained me that carbs make me hungry, while small amounts of fat usually do not -- this, plus adequate proteins is what makes this diet function for me. (Recently it offers dawned on me that is definitely how I ate when I was a skinny teenager and young girl, until I made a decision to "improve" my wellness by going low-fat. I was thin until thyroid complications hit with pregnancy, and have strived for many years to amount out a diet that proved helpful for me. Please contemplate reading the book regardless of the few errors in editing. It clarifies how the hormonal effects of low-carb consuming help weight reduction, and why you want to obtain your insulin levels low and how higher insulin makes you fat. It is interesting that this sort of diet plan is usually how diabetes was treated before insulin was available as a medication, for instance. Butter is in once again. For anybody wondering "isn't this harmful?", my bloodstream lipids are great, with off-the-chart high HDLs (good), and my doctor says "just hold doing what you're doing" (my lucky genes help). After the Guide (part III), there are resources for learning more, and extensive references. There are numerous examples of people who have not only weight loss, but also improvements in other medical issues like diabetes, fatty liver, acne, seizures, etc. on his blog, which you can discover by searching the net for "weight-loss-tales DietDoctor". It is well worth exploring the other topics on his DietDoctor blog as well, because there he will discuss extra useful topics and

resources that are not in the book. Sadly, the publisher did an extremely poor work preparing this publication for publication. As the translation itself reads easily, there are glitches (they discuss gorging on "crayfish tails", but I believe they meant "lobster tails"). But there are several more serious problems. Measurement systems were mostly not really converted, so some debate is less meaningful to US readers (to convert blood glucose numbers to those used in the United States, multiply by 18). Also many of the medicines mentioned have different titles in various countries, those must have been added as well. This publication captures the most important science behind healthy eating with plenty of resources for those who want additional information. And the page amounts are wrong in the index, sometimes only 2 web pages off, but I have found some that are over 20 web pages off. Recommend. Also the best advice I can give anyone is certainly BUTTER should only have 2 things which make it up. In spite of publisher glitches, I strongly suggest considering this life changing (for me) book, and also investigating his DietDoctor website. It looks like the editorial and production departments were not attending to, diminishing the usability of the thorough work, too bad (hence 4 stars instead of 5). There are several additional books which cover low-carb high-fat dieting, but several depend on fake food like artificial sweeteners or protein powder, or odd quality recipes. Oh yeah- I was also 50 pounds over weight! Proceeded to go from a1c 8.4 to 5. Miss the Book, Join the Website. Eenfeldt's advice on dietdoctor dot com. This book pulls it all together in one place and backs it up with the research where available. He makes it clear that you need to tailor your diet to your needs rather than giving a one-size-fits-all prescription. Provides suggestions for how to decrease carbs and ideas for meal programs. Gives insight into why weight reduction varies per person and suggestions for why weight reduction is slow. Buy it and then share it. This diet will save lives I heard about the reduced carb high fat diet plan a couple years ago and I thought it was crazy stuff. Oh, and by the way, I'm amazed at how most US citizens have been brainwashed into thinking they know what "good fat" is! It was not fast and I haven't always stuck with what I knew I will eat. The book is quite well written, and I'm happy this information has gone out in English now. #LCHF....trust me I came across Andreas via the dietdoctor website. It may sound crazy but do some study online and you will be amazed. Low-Carb generally made feeling, but I possibly could never obtain it to work, but also for me, that one does! I dropped a lot of weight with a point counting program then had to be placed on BP meds and my triglycerides were more than 200 all at 30 years old. I really appreciate that he explains the concepts of the eating plan basically and straightforwardly. The reserve is an excellent in depth intro and you may watch a lot of his talks on youtube to find out more. It is not about the weightloss I guarantee! Finally, you can find no footnotes and few citations in the written text, so that if you want to locate more about some topic he talked about at a particular point, you don't know which of the numerous references at the trunk will be the ones to make reference to....Cream and salt....that's it! I really believe that anyone can perform it! I was often getting ill before and today I can move the complete cold and flu season without getting sick. Change is coming which will one day not be therefore taboo. What an incredible idea that fat is not the problem but what we are in need of more of it in our diet plan. Everyone is searching for the solution and I now know that it is no more fake food. Thin or large we are all so unwell and we don't even realize it any longer because it's what we've become use to. A Great Go through for Us Americans That is a well-written, eye-opening book on the brand new movement debunking the myth a low-fat diet is good for us. (As a casualty of the low-excess fat wars who was simply unaware of the benefits of the right fats, and who at one point ate only 5g of fat a day, I still thought extra fat should be avoided. The writer explains the way the Swedish people found out the health risks of eating the

low-fat diet that has been forced on us since the early 80's. Eenfeldt's English blog. He also spends more time explaining why we have to be eating more excess fat than how. Eenfeldt, this book was just OK. Some are easily passed over, others are complicated. After reviewing the science behind this I understand why our health as a species provides been severely damaged by poor advice from inappropriate details. Most of the oils we eat and cook with are really quite bad for us. And after that there are numerous beneficial effects of specific kinds of body fat for the metabolism and the brain, which I was unacquainted with. For a better how-to book, look for something that explains the Nutritional Ketogenic Diet plan, but this book does have some recommendations on eating a higher fat diet. It offers yummy real foods which I had been denying myself (such as avocados, nuts, cheese, and charcuterie) in addition to specific vegetables and fruits which are normally low-carb, rather than relying on powders, pubs, shakes, artificial sweeteners, faux dishes, and allegedly "low-carb" produced foods. If you want to possess back-up data to justify a high-fat, low carb diet, you will find it in this publication. I perused what I experienced applicable, then dashed to the finish to get acceptable foods and just why some folks lose weight gradually on the LCHF diet plan. I fall into that category, being feminine, 57, 15-20 pounds overweight. I highly recommend this book. Five Stars Good book. This book is crucial read. My blood pressure was high, my fasting blood sugar was getting into prediabetes range, and my triglycerides had been dangerously high. A native English speaker must have edited the reserve. It comprises the majority of the publication and is very readable with explanations that produce lots of sense (while some could find it repetitious). Shed Decades of Excess weight with This Real-Meals Approach, Has Changed my Life PROs- Succinct description of food plan, great scientific explanation of this approach \*\*\*\*\*Disadvantages- Publisher did hack job in translation and preparation for publication \*\*I was finally able to figure out how to eat low-carb with regular real meals after reading Dr. Five years ago I had a friend immediate me to the Dr's website (dietdoctor.com). It had been translated from the initial Swedish so errors in the English show up fairly often. It was a relief when I encountered his approach because it is so easier to just utilize tasty real meals that is currently out there. Following a research provided by the web site and then numerous other resources provided, I am today in excellent health insurance and have lost 40 pounds without difficulty. If I can provide one piece of advice, it will be to eliminate most foods which come in a box or a container - consume real food. However now it's my lifestyle. Whenever a URL is given, it really is to his Swedish site, when instead it must be to his corresponding English site DietDoctor. My ONLY complaint is definitely that the person who edited the English translation missed several errors. A very important book for People in america to read in order to possess that paradigm shift away from our disease-creating, low-fat, method of eating. For example, in the chapter on sunlight and supplement D the dosages provide a range of international devices (IU) predicated on gender. But additional very helpful information, example menus, a handful of useful dishes (some might want more), questions, useful food suggestions, restaurant strategies, and so forth are explained in the rest of the Guide (Part III) so can be very worth reading, just 55 pages total. Nevertheless, just underneath that range the appropriate doses are errantly shown as calories rather than IU. Not about Low carb diet just history Don't waste your money Thorough scientific resource Well written scientific resource for the keto diet. If you need to know from history, science, evolution and nourishment; this is the book for you. It is not always what the newbie to keto needs to begin a diet. I needed to know everything which is perfect for me. A for just one), that were unappealing and big fails when I tried them. Although I do love Dr. Also, great seeing a perspective on diet from a source beyond the US. This makes it hard to discover a specific topic

you would like to recheck.2 following Eenfeldt's advice Now off almost all diabetes meds and half of the hypertension meds and lost 75 pounds in 1 . 5 years because I followed Dr. Great book - well documented Loved this book upon what we should eat and just how Andreas exposes lots of unsubstantiated research that support a low fat diet erroneously. Still, this work is just one more book that works with the reduced carbohydrate, high fat way to health. Unless you are a technophobe, you would get much more information from his website Diet Doctor .com. Spend your cash joining that site for per month or two instead of buying the book. Good Book! Good sense book, written very well and an easy task to follow. Excellent read whether go through cover-to-cover or choosing go for chapters. Five Stars Happy with purchade



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