



THE SOUTH BEACH WAKE-UP CALL

WHY AMERICA IS *STILL*
GETTING FATTER AND SICKER

PLUS 7 SIMPLE STRATEGIES
FOR REVERSING OUR TOXIC LIFESTYLE

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**The South Beach Wake-Up Call: Why America Is Still
Getting Fatter and Sicker, Plus 7 Simple Strategies for
Reversing Our Toxic Lifestyle**



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He shows why losing that belly fat is far more than just a matter of regaining your "bikini body," and how insomnia and inadequate workout can rob you of years of vigorous a healthy body. The publication features:

- The South Seaside Wake-Up Program: 7 basic, sustainable strategies for age-reversing, life-saving weight loss and optimal wellness-
- The South Beach Gluten Solution to fight the potential damage that gluten-containing foods can have on sensitive individuals, including gastrointestinal problems, epidermis rashes, metabolic disorders, and a host of autoimmune circumstances-
- The AWAKEN and Move 2-Week Quick Start Plan, a fitness program combining both cardio and primary conditioning-
- 15 MegaFoods for Healthy Eating, how to buy healthy food on a budget, how exactly to snack strategically, and 32 all-new recipes from breakfasts to desserts using MegaFood-
- Stories from real-life "Super Moms" who are fighting back and acquiring control of their families' health, plus strategies for parents throughout

Statistics don't lie: Previously 30 years Americans have grown to be heavier and unhealthier than anytime inside our history. Yet some of us acknowledge the devastating toll that is taking on our lives- compromising our efficiency, our self-esteem, our energy, and ultimately our very longevity-we seem trapped in the sedentary, fast-food life-style that got us within the initial place. But there is hope. He explains how inflammation due to our toxic life style is destroying the body's capability to heal and restoration itself, and leading to our tissues and organs to "rust," or grow old before their time. Agatston sheds light on the root factors behind our current wellness crisis and in addition offers clear, actionable tips for addressing and reversing this growing issue. In The South Seaside Wake-Up Call, Dr. From Dr. He also requires a close consider the American diet and what should (and shouldn't) be on the menu and exposes the true cost of eating dinner out and consuming "inexpensive" fast food. With a section of brand-new recipes created to maximize your consumption of "Megafoods"- those foods filled with anti-maturing antioxidants and dense with nutrition, not calories-plus meal plans and an easy-to-follow fitness routine for increasing both core strength and cardiovascular health, The South Beach Wake-Up Call can be an essential prescription for anybody ready for a life-enhancing approach to diet and good health. Arthur Agatston, creator of the South Beach Diet comes an urgent message: We need to wake up to the truth of precisely how fat and sick we are as a nation.



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Good general nutrition and food plan. Already our children are developing health problems not normally seen until individuals are in there 50s. This book is a Wake-Up call to all or any of us to boost our health and wellness and our lives by consuming better and by exercising more often. I appreciate that he makes complicated topics understandable and always provides a game plan. Five Stars Interesting book, but if we r honest most of us no why we r obese! In the event that you had asked me beforehand whether I had the time to do this, I would have said "Zero. I rarely ever saw an obese person. Agatston provides a call to actions that may truly change the way Americans think about their lifestyle choices and how those choices can impact their health. This is not a "diet" publication, although it does re-state most of the South Beach Diet principles. It is a book that difficulties the trade-off that lots of Americans have accepted: Our fast-food, sedentary life-style provides contributed to two-thirds of American adults carrying excess fat or obese and childhood weight problems tripling recently. It tells why the consuming and exercise patterns of many Americans are detrimental to the health of many, if not, most. I observe from the South Seaside Wake-Up Call that I could be healthier and more fit by making extra incremental changes. I am already a fan of the South Beach Diet and Dr Agatston's books, including The South Beach Diet Supercharged, because they helped me switch my "diet plan" mentality and "couch potato" existence into a dynamic life style and a 65 lb. It isn't the original South Beach Diet publication. Today don't panic, it isn't all awful news. Dr. Agatston provides 7 major strategies to help us remold our lives for the better (and it doesn't all have to be all at once). For example, there is a chapter that discusses sitting down to home-cooked meals and enjoying meals and family. It could do the same for you. We ended up sitting at the table for hours munching on my homemade waffles (from The South Beach Quick & Such a forward and logical method of eating. Agatston's capability to wake me up once more!" But after becoming reminded of the benefits of the family table, we've decided to have these gatherings weekly. Book title says it all: South Beach WAKE-UP CALL The South Seaside Wake-Up Contact by Arthur Agatston, M. Be a head. I have wished to do this for years and have never been successful! Now I feel my children has the tools to begin with. I lost 4th pounds on this food plan. Agatston's chapter reminded me of how much energy is normally put into coping with the clutter and how it could create a toxic environment in your life. We started to walk around, as a family, and take notes of what must be done. The strategy is to tackle just one room every week. I know what withdrawal I will go thru easily indulge and it's not worth it if you ask me. Agatston who is saying: "tidy up this mess." And as he also says, outward clutter is usually a symptom of inner clutter, or psychological turmoil, which is often what is preventing us from moving forward in so many areas of our lives! He contains recipes and resources to help make the changes that all individual and or family needs to make

to become healthier, not just to lose excess weight. Other strategies deal with food and workout, food planning, and the importance of sharing family period at meals. The South Beach Wake Up Call is definitely a marvelous read, sprinkled with interviews from leading experts in areas like childhood obesity and sleep, and with successful dieters, Super Moms, and patients of Dr. Agatston's cardiology practice. The publication helps us to understand the background of how we got into such a sorry condition with our health and how we can transformation it. Perhaps the book's biggest contribution, however, is that it works as a catalyst for bringing this important wake-up discussion forward with our family members, our politicians, and our communities. A Breath of OXYGEN

This book is a breath of oxygen. There are many lose excess weight fast schemes, but nobody mentions changing one's way of life. In our culture, it is always the magic pill that sells. I have lived in another country where people ate well but we're also active. With his new book Dr. They regularly consumed sweet snacks and thick sauces in moderation. Another may be the previously mentioned, Rest Better - Live Longer. They made period for activities. This book is the bible of teaching you about cravings, why we have them and how to overcome them. I gave this book five stars, because the book is well-written, resourceful, and true. Agitation explains how our way of life is making us unwell. Then he provides us seven strategies to change our way of living for the better. Dr. Anything we perform toward consuming better and moving more can be an improvement. While I curently have most of the South Beach cookbooks, this one uses known superfoods and creates new dishes that give you a "one-two" punch for your money. Most of us were not meant to survive on pharmaceutical items and their unwanted effects. Preventive treatment is key, however, many conditions could be reversed. And we reach eat! Become the first to adopt a healthy lifestyle. I had to laugh when I actually saw the strategy on de-cluttering your home. Read this book. Browse it! We have even a "no paper zone" table declared so we always have our table ready. D., is exactly what the name says: It is a Wake-Up Call. This is not a small problem taking into consideration the link between obesity and diabetes and other life-threatening diseases. Notice that the title will not include the word, "Diet." This is vital that you understanding what the book is approximately. What this book isn't is as important as what it really is. That is frightening stuff ! This Wake-Up Call contains information on the South Beach Diet, but if you are wanting to start the South Beach Diet, that original publication is probably a better choice. This new book isn't a recipe book; if you are wanting dishes for the South Seaside Diet, select a cookbook from among the number of South Beach Diet Cookbooks previously published despite the fact that this reserve contains a surprising amount of recipes. weight loss! It outlines how we have gotten up to now off monitor from how exactly we ate on the farm of my youth when glucose was scarce and outings to town were once weekly events. In this book these

details is provided in an understandable style with illustrations and anecdotes offering color and human being interest. There are several references for individuals who desire to dig deeper.Changes I, personally, will make from reading this book: increase my consumption of dark green leafy vegetables and exercise more - building up my exercise gradually adding a few more minutes as my own body accepts it and adding another day or two each week, as my own body tolerates it.Up to now, while about the South Beach Diet plan, I've lost 50 lbs. The impact that these epidemics could have on our health-care system is enormous. Like his additional books, that one provides reader practical information regarding how to become healthier.The Wake-Up Call includes 7 Approaches for improving our way of life. Some of these are generally not included in lifestyle-changing strategies, e.g. I move thru the bakery deli rather than look twice. That is an area that will improve my life. They didn't sit while watching TV. Just what a fun and smart idea.This is a Wake-Up Contact I needed to read. After its recommendations will help me improve my health insurance and my wellbeing. We simply started this last Sunday, when I produced breakfast for everybody at home. Best Publication Ever! Easy Cookbook) and consuming our turkey bacon and fruit! Once you know the impact everything you put in the mouth area affects your body, it all makes sense!! Four Stars Love the recipes and the easy illustrated low effect exercises. My b/p is running 110/70 without meds (experienced to come off of them) Glucose went from 120-130 range to 84!! I feel awesome!, Control the Clutter, Control your brain. The nice thing about this is normally I can get out of being the "bad" guy because now it is Dr. They didn't sit a whole lot. Worth it's fat in gold! I was lucky to obtain an advance copy of The South Beach Wake-Up Contact and was blown away by Dr. Five Stars ??? Please read this book Everyone would benefit from reading this publication! I started on South Seaside in mid August and have lost 52 pounds. Well written.AWAKE, ONCE MORE ! South beach is not a diet but a life-style change. Dr. It's ok Its not the best book on health I've ever read , but I have read better , Five Stars Clear and concise



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