

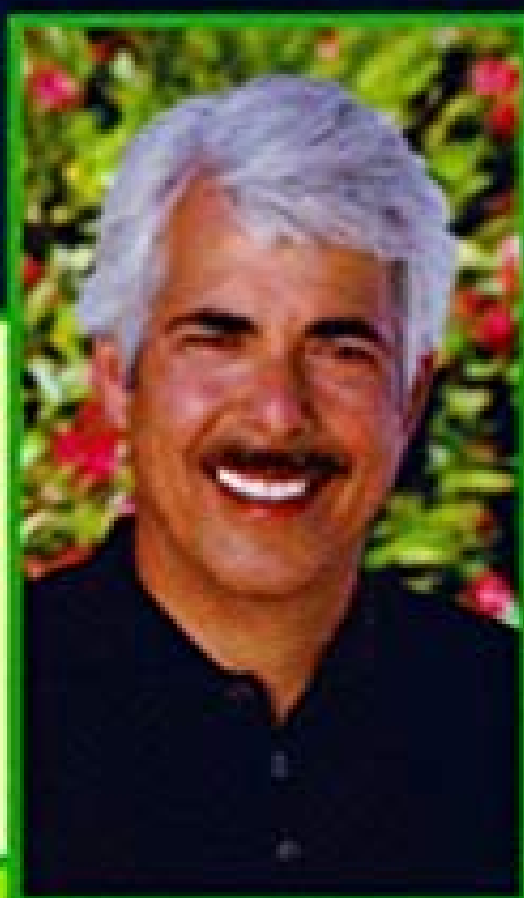
The Revolutionary 21-Day Program for  
Losing the Weight You *Think* Is Fat

THE

# FALSE FAT

# DIET

- Drop up to 10 pounds within a week
- Identify the foods that make you retain water and look falsely fat
- Eliminate allergy-like "food reactions" that cause real weight gain
- Improve mental clarity, boost energy, and feel your absolute best



**ELSON M. HAAS, M.D.,**  
and CAMERON STAUTH

Elson M. Haas

The False Fat Diet: The Revolutionary 21-Day Program for Losing the Weight You Think Is Fat



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Sorely Needed an excellent Editor I purchased this book after hearing the author being interviewed about New Dimensions Radio. This book is among the best I've ever read on diet. Unfortunately, this reserve presents the materials badly. Now everyone is speaking grain free diet etc. am sleeping! You don't need a book to hire an elimination diet---the info is readily available on the internet (or from your own doctor). The next week you begin reintroducing foods into your daily diet, individually, and notice whether your symptoms come back. If all will go well, after a few days your reactivity symptoms go away so you feel good. Five Stars Very helpful Three Stars ok publication It's a good idea, basic and elegant. One of the strengths of this program is that you will get to customize it all to meet up your needs. This explains basically how to determine what one is allergic to and quickly reduce 5-10 pounds in one week by following the simple guidelines. He also contains sample menus for the initial week. Haas' reserve, ordered it & If you understand about an elimination diet plan and testing for food sensitivities---then you have the info in this book in a nutshell.) Thanks Elson because of this book! I have no idea. This is an amazing book This is an amazing book. How very much to eat on the first day following the fast, and just how many days to crank up to normal-sized portions? Eliminate the reactive foods (clearly offered) and heal. "Don't think of removing foods as deprivation, but as POWER! That is strange as the "false fat" (fluid retention) subsides through the \*first\* week. Then three pages later (after I had currently made my shopping list), he tells us that not absolutely all of those supplements are necessary for each person, and provides a shorter list of those that he typically prescribes. Once again, no here is how to determine whether you will need some of these additional supplements. Some of the material is confusing and/or conflicting. I recommend this book unreservedly. However his sample menus consist of maple syrup. He should have at least place a disclaimer onto it. Or that maple syrup is normally okay because it's fairly unprocessed? Or that the number is too small to make any difference? I don't believe these, and he doesn't state. My guess can be that the author personally has no problem with maple syrup, and included it without considering. Are we to understand that only white glucose is reactive? Try it. The next week of his program, Dr. Haas calls the False Unwanted fat week. Haas tells us that we need to nutritionally support the colon and liver through the first week, and provides lists of vitamin/mineral supplements that will do this. The other products I've mentioned can be described by an inability to arrange his thoughts, but this? It defies explanation. I've stopped eating wheat/gluten products and dairy, and having completed so am quite pleased with the results.. A Blessing! The knowledge in this book isn't new and certainly NOT "revolutionary". For example, the author warns that food sensitivities can develop from eating the same food too often, but he fails to say how to proceed if a sensitivity evolves during your juice fast, as occurred with me. As somebody with hypoglycemia, and having tried juice fasts before and experienced problems, I knew that was not the right path for me. With his program, you spend the first week eating from a very small band of foods which are usually nonreactive. Therefore, in the event that you understand these fundamental "sensitivity" factors---save your money and don't work with this book. For those of you who need a detail by detail "how exactly to", ad nauseum---then maybe the info in this publication could possibly be helpful. The 1st day I lost 1.. EASILY were the editor, though, this material would have been an early draft. I am using this book, together with "Eat Best For Your Type" by Dr. Peter D'Adamo, and seeing wonderful results! The premise is easy: certain foods make certain people's bodies react with techniques which lead them to gain and retain fat. Great reserve- it has helped me to reduce plenty of weight and other medical issues (facial acne, sore joints, itchy skin at night, fluid retention, nausea, upset stomach, etc. If you determine

which foods trigger reactions for your unique body, and prevent eating them, you'll be amazed at what goes on! I am following these two programs (they go together very well) beneath the supervision of my doctor. This book can help you achieve your goals if you're ready to cope with its shortcomings. In only two weeks I've dropped six pounds and 2% of my own body fat (I've a scale which measures both). My clothes are much looser (I will have measured myself prior to starting), a long term health issue can be clearing up and heading away, and I feel terrific! I will remember that I did not do the juice fast portion of the elimination diet suggested in this publication as you of the methods to determine meals sensitivities. Nothing new here! But I did utilize the "Sensitive Seven Elimination Diet plan", and have had great results! If you're willing to make some real changes in your diet plan, in exchange for true and measurable adjustments in your life, don't hesitate, purchase this book. It's filled with great information which can assist you to lose the fat you're hoping to. A Re-hash of well-known (old) info This book discusses the partnership of "allergies" or food sensitivities to weight reduction and the retention of fluid---or "false weight". I'm at the various other end of the continuum: early 50s, over weight, raging eczema, chronic sleeping complications, &c. Eternally questing for a few "fix," I occurred upon Dr. My main complaint throughout is a astonishing lack of ideas to help you work out how to apply it in real life. the rest is incredible. IN A SINGLE WEEK on the Elimination Diet I lost 10 lbs (NO food cravings), eczema healed, have boundless energy & Just about everyone has reactions to food items -- not severe more than enough to close our throats or break us out in hives, but enough to trigger nasal congestion, low energy, 10 pounds of fluid retention ("false extra fat"), and other undesirable side effects. We are left to guess. Dr." Finally, a lifestyle modification I could DO--and live with. For example, sugar is said to be one of the worst seven -- something to avoid the first week even on minimal restrictive diet. Yet another thing. What a difference 2 weeks makes! He's very knowledgeable about assisting people discover their own keys to a healthy body. It requires some planning and self-discipline to check out the elimination diet plan (I chose the sensitive seven program) but it is well worth the effort. I've lost just 7 pounds in two weeks but the difference in my own body is amazing. Clothes that were a bit snug before I started are literally too large around the waist now. Craving for sweets is normally (nearly) gone, anxiousness level is MUCH lower, blood circulation pressure has decreased and energy level is soaring. The vitamin and supplement programs could place a big hole in the spending budget therefore I've scaled those back again and recommend purchasing the smallest size available for most as they can differ from week to week as you move through the program. Most people involve some food allergies and don't realize a meals allergy can easily add an average of 10 pounds I've had this book for years and I purchase regularly as gift for friends. A lot of people involve some food allergies and don't realize a food allergy can easily add an average of 10 pounds. For instance, you get to choose from among four different alternatives for Week 1, ranging in intensity from a juice fast to a diet plan that only restricts probably the most commonly troublesome foods. Excellent Book Great reserve! Elson Haas was already ahead of the game years ago. Here's the premise. as though it is a new factor. This publication was a tremendous help when I quit smoking 7 years ago so when I entered my 40's. Highly recommended! The writer also mentions that the juice fast induces your body's starvation response, and therefore you want to start eating less when you begin eating again, to avoid rebound fat gain. It really changed the way I look within my body and the food that I eat. For me personally, it was instantaneous results and as a result of this I possess referred a large number of my friends to this life changing information. Many thanks Elson Hass MD your a genuine healer. Four Stars A little out dated but there are several

pearls in this book! Great help, it is healing my body! A few of these reactions are food allergies, some are food sensitivities. Well, obviously, I need to avoid carrots for a while, but must i switch to some other strict diet plan, such as an apple fast for the rest of the week (the stricter diet programs yield the more dramatic results), or should I assume that my own body develops food sensitivities easily, and for that reason opt for more variety? Works quickly and incredibly easy to follow This diet has been better to follow than I originally thought - my children is highly reactive to cow dairy, corn, eggs, peanuts and soy. We could actually substitute smaller amounts of goat cheese from an area farm, sweet potatoes and brown rice cakes for our starches and bison, salmon, etc. for our meats. An excellent reference for changing your daily life.5 lbs overnight and acquired enough energy the very next day to clean the house and do all of the laundry (normally my energy is very low). My daughter's rash around her lips is certainly visibly lighter and diminishing. A gem of a reserve, and gave me hope again for health and energy. Thank you, Dr. Haas! In this way, you recognize the foods you should avoid in order to feel your best.



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