



# EAT RICH LIVE LONG

**USE THE POWER OF LOW-CARB AND KETO  
FOR WEIGHT LOSS AND GREAT HEALTH**



**IVOR CUMMINS & JEFFRY GERBER, MD**

Ivor Cummins

## Eat Rich, Live Long: Mastering the Low-Carb & Keto Spectrum for Weight Loss and Longevity



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You can take control of your health, lose weight, prevent disease, and enjoy an extended and healthy life. The unique nutritional system outlined in *Eat Rich, Live Long* was created by experts to help you feel great while you consume delicious and fulfilling foods. The center of *Eat Rich, Live Long* is the book's prescriptive program, which includes a 7-day eating plan, a 14-day diet program, and more than 50 gourmet-quality low-carb high-fat recipes -- illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Now, *Eat Rich, Live Long* reveals how mastering the low-carb/Keto spectrum can maximize your bodyweight loss and optimize your wellbeing for the long term. Many are confused, though, about how exactly low-carb they should go. In this book, Ivor Cummins, a world-class engineer and technical master for an enormous global tech corporation, and Dr. Will a high-protein diet boost muscle mass and lead to vigorous health -- or can it promote aging, cancers, and early mortality? Together, Cummins and Gerber crack the code that presents you how to consume the foods you love, lose pounds, and regain robust health. They reveal how the nutritional " *Eat Rich, Live Long* lays out the truth based on the most recent scientific research. have gotten it therefore wrong for such a long time by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL mainly because the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global analysis, eating a higher percentage of organic fats, a moderate quantity of proteins, and a low percentage of carbs will help you lose excess weight, prevent disease, satisfy your appetite, turn off your food cravings, and live much longer. Millions of people have gotten healthy through low-carb plans over the years--and an increasing number have discovered the wonderful great things about ketogenic (Keto) nutrition. Low-carb by no means tasted so good! Nutritional sacred cows are constantly being challenged in the media. Just how much fat should we consume -- and which types of fats are greatest? Which fats can contribute to diabetes, heart disease, and early mortality? Jeff Gerber, a family group doctor who's widely regarded as a global leader in low-carb nutrition, synergy to present their unique perspectives from their comprehensive scientific, medical, and scientific/research experience. Meanwhile you will eventually lose weight -- How do we switch our metabolism so that our bodies burn up fat rather of all of the sugars we consume? and look and feel great. specialists " *Eat Rich, Live Long* changes how you look at taking in. Which vitamins and minerals should we be taking, if any? Will intermittent fasting really work?



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Review from cholesterol expert We am a Stanford trained internist, a lipidologist (cholesterol expert), and hypertension expert. Would like more quality recipes... There is so much misinformation out about Keto, today, turn Right here for the facts.. After just a little research, I came across LCHF and the Diet Doctor website which business lead me to Ivor, Jeff and many other LCHF experts...and these guys own it 100% correct. As a cholesterol professional, I figured out years ago that LDL cholesterol is normally meaningless and that all the additional markers of swelling (CRP, LpPLA2, myeloperoxidase, and others) and monitoring INSULIN levels are where it is at with regards to raising healthspan and stopping chronic illnesses.. The recipes are excellent. You will help therefore many with it! Fat is intended to be our major gas.... Gary Taubes, John Yudkin, Robert Lustig, Jason Fung, Nina Teicholz, Timothy Noakes, and many others. It's heartening to see the research which this book is built and exciting to see the future direction of scientific inquiry in the field. Firm is a bit strange with dishes in the middle, but you can simply skip that and keep coming back if interested. I've always thought our diet plan played a much higher role on our health and this well written tomb of details and corresponding references and trials proves it.. The book is well designed and will appeal to those thinking about a coating of science or those thinking about a heavier dosage..and my practice has dropped 1000's of pounds and seen more family milestones compared to the doc nearby who even now tells his patients to eat less and move more. I highly endorse the reserve and I have NO agenda. Great Book with Life Changing Information Excellent book filled with great information about getting healthy. Masterful tour de force about the science of low-carb! Strongly suggested. The more I study and find out about the human being machine the even more I am thankful for the Engineer that produced the universe and its finely-tuned, complicated creatures like us. Books by; Seriously, these people love cheese, and do not seem to eat anything without it. Remarkably, I got a CABGx4 in 10/2016. I was active and had simply completed a number 100 plus mile bike rides that summertime. I am type 2 diabetic and pursuing it has taken my sugars under control. I learned the very difficult method that you can't exercise your way out of a bad diet. You will have to examine it for yourself, but be ready for clarity on therefore many issues. At that time, I had under no circumstances heard of insulin resistance.. Get rid of the Lousy, Gain YOUR WELLBEING! Which book mostly will abide by those books and condenses the information into one volume. I was disappointed for the reason that because I don't generally eat dairy products. This diet has reversed my pre-diabetes and my glucose and insulin are actually in a normal range without drugs. Ivor Cummins and Jeffry Gerber have written a reserve that's both rigorous enough to satisfy the science-minded and approachable plenty of to nourish those who just wish to know what things to eat and why!Pressure healthcare companies AND policy manufacturers to learn and act on it. After exposing the flawed dietary information of the last half-century, the authors determine and explore the root causes of our modern maladies and type the rationale for his or her "Eat Rich, Live Long" program.Part 2 of the publication provides the "nuts and bolts" of how to implement their tips into everyday existence and features enticing, beautifully photographed dishes by get better at chef, Ryan Turner (writer of "Boundless"). Rather than a "one size fits all" formula, their Grasp Class (Chapter 6) helps you personalize a plan which will work for you, based on how your insulin program functions.The final section of the book delves deeper in to the scientific underpinnings of the program, but that does not mean it's dry or difficult to learn! Explanations are clear and humor is definitely sprinkled liberally through the publication. I consider Chapter 10 to end up being the lynchpin, eloquently detailing the function of insulin in health insurance and pounds, while Chapter 11

exposes the truth about the function of body fat in one's diet plan and body and explodes the misguided cholesterol hypothesis. The appendices are full of helpful resources and the bibliography alone is worth the price of the book!.. (And don't allow cover fool you – it's not really a cookbook, although it does showcase delicious meals) Provide copies to people you specifically care about – and their doctors, too! Reads well and conveniently. My recommendations for this book? In the first section (Chapters 1-5), the authors debunk the "bad scientific methods, groupthink, and hubris [that] have created today's monster" – the carbohydrate laden, low-fat diet, which promised us better health but instead marched lockstep with increases in obesity, diabetes, and other metabolic conditions. Regain your wellbeing! A Factual VERIFIED Keto 'how to' book Well, I have a YT channel with 3000+ subbies, and I've talked about this publication and the dishes since I received my copy (overnight BTW). You will need search no further for the collective knowledge of Ivor and Dr Gerber for keto (done right) information. Exceptional resource for Ketogenic diet Very informative, comprehensive. I really like the recipes. Tonight may be the Incredible Keto Pizza! The foremost is mostly used in Europe, the latter in the USA. Their YT videos have helped me, usually, but this reserve is a keeper. I read it daily and can't stress it's worth the cost.. Thank you.. As a nurse and clinical therapist (RN, LCSW) who assists people in changing their lives, as a sort 2 Diabetic who's totally diet-controlled and at ideal bodyweight, as the sister of a brother whose cardiologist "never sees people turn things around like this after a heart attack," I see the results a Low Carbohydrate High Fat approach to life all around me personally. I can't say enough good things about it. Excellent Information This really helps one understand the jargon found in the medical field with regards to the cholesterol issue. It's really helped me understand the ways to measure my circulatory program and alter my diet to improve my health. Good read Good explanations of the proceedings in your body and how carbs, protein and unwanted fat are used and the resulting effects in diagnostic tests. A little bit repetitive at times. and for my patients, it has become the fuel. You will not be disappointed. Read it, apply it, ENJOY it. Highly recommended. good info, but very cheesy I liked the overall info part, but the recipes are virtually all full of cheese. I have been eating low carb (LCHF) since 5/2017 and starting in December modified my diet plan and started eating an LCHF ketogenic diet. The food is actually wonderful and, once brand-new behaviors are developed, eating in this manner is easy. After following Ivor and Jeff over the past 8 weeks, I was anxiously awaiting this reserve. A tremendous book with the potential to save millions of lives if more than enough people read it. Also completely enjoyable to read. My sugars are under control We liked all the information, but found it tedious too.. It does work. Too poor I didn't discover this diet sooner. I am dropping at as well. 3 wks and 15 pounds. I'm a insulin restaurant-obese. Strongly suggested advice + one bit probably not I think this book provides excellent advice. I have that opinion because in one book it contains an overview and expansion on great, accurate, improved dietary tips and the history of why we have been given bad guidance for so long based on flawed research, forceful personalities, and suppressed / ignored study that disagreed with the so-called "experts" that I have read about in many other books over the past couple of years. Fascinating.. My excess weight dropped by about 12-14 pounds within per month roughly of starting the dietary plan and has remained steady. In fact I liked this book so much I have purchased three copies thus far. One filled up with my notes, someone to loan to friends, one donated to my regional library. And could purchase yet another. The book does use a whole lot of acronyms, and list various units for blood test with no description of what they mean. mmol/L or mg/dL for instance, and how exactly to convert the numbers

between the two. I have FatHead every Saturday night, so this will be a new edition. An acronym list and device of measure list addition to the publication would have been useful as you can lose track from chapter to chapter what an acronym designed. Paradigm shifting book! This book was excellent and created a significant paradigm shift. I have read many books on keto, low carbohydrate, vegan, entire30, etc but this book could completely explain the main cause of diabetes, heart disease, Alzheimer's, actually some cancers.. All of our obesity and disease prices can be linked back to excessive insulin levels and out of control carbohydrate usage.. In May 2017, my cardiologist started talking about insulin resistance and pre-diabetes. Congratulations to Jeff and Ivor for an excellent book. The most crucial message and one that may take time to sink in, but is definitely 100% appropriate, is that sugars is a long-term toxin for all of us, NOT fat.



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