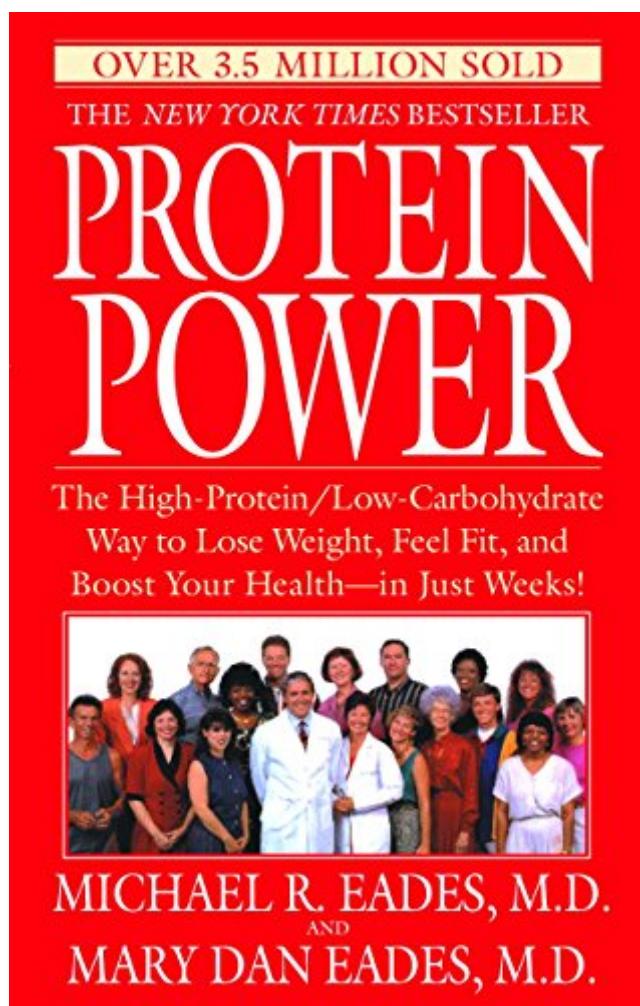


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# Protein Power: The High-Protein/Low-Carbohydrate Way To Lose Weight, Feel Fit, And Boost Your Health--in Just Weeks!



## **Synopsis**

Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other major diseases by following this medically proven program. Protein Power will teach you how to use food as a tool for Dramatic and permanent weight loss Resetting your metabolism and boosting your energy levels Lowering your "bad" cholesterol levels while elevating the "good" Protecting yourself from "The Deadly Diseases of Civilization" (including high blood pressure and heart disease) And best of all, Protein Power encourages you to Eat the foods you love, including meats (even steaks, bacon, and burgers), cheeses, and eggs Rethink the current wisdom on fat intake (science has shown that fat does not make you fat!) Stop shocking your body with breads, pastas, and other fat-inducing carbohydrates So prepare yourself for the most dramatic life-enhancing diet program available! From the Trade Paperback edition.

## **Book Information**

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## **Customer Reviews**

Interesting theory and a good read

If you've read any prior reviews of mine on a couple of diet books/cookbooks, you are aware of my frustration. This book, not only has recipes that I can easily incorporate into my lifestyle, but the ingredients are not hard to find in our "2-grocery store" town. It is well worth taking the time to read the authors' (who are medical doctors), explanations about the High Protein/Low Carb way to lose weight. Having a better understanding, has helped in my food choices. I received this book while on 5 days of bed rest. I immediately began eating the way the book prescribed, and lost 3.4 pounds in 5 days....with NO exercise or even regular activity...and i'm a 60 yr. old woman.

Have to get used to reading a text book. However, if the change of lifestyle and food intake start paying off, then we made a very smart purchase.

Used this 7 years ago lost 90 lbs and brought cholesterol and BP back into normal ranges with no meds. Back slid going through some family members health issues. I am starting over with it. I have faith it will change my life again.

Great book got here on time

And very fortunately, the best way to loose weight! As Voltaire said: "Every man is the creature of the age in which he lives; very few are able to raise themselves above the ideas of the time." One need only read the negative reviews of this book to see an illustration of this phenomenon. Most physicians, laymen, government groups and medical groups following the well worn path of least resistance, have parroted the accepted collective wisdom of the "establishment" mouthpieces: our diets should be based on a low fat paradigm. The only problem is they are wrong, dead wrong as it turns out. And in their bovine refusal to acknowledge the evidence demonstrating conclusively the failure of their approach they have done a grave disservice to the public. That's us folks! I am a physician. All my professional life I was steeped in the disinformation regarding low fat diets. And I kept getting fatter and fatter and fatter. Then a friend told me about the low carbohydrate approach to loosing weight. At first I scoffed and rejected out of hand such an outlandish diet. But finally, desperation forced me to at least take a look at this "counterintuitive" approach. And I was delighted that I did! I managed to loose a whopping 16 pounds the first two weeks of the diet. Needless to say I was and am flabbergasted! But my weight loss has slowed substantially since those first two weeks and I am reading the Eades book more carefully in an attempt to get back on track. In particular I've just started limiting my portion size and making sure I don't eat too much protein. This

seems to have kick started my weight loss and I am merrily on my way. Remember, restricting portion sizes and protein levels is NOT difficult since fats have the effect of producing satiety and since you are no longer ingesting carbs your insulin levels are no longer whipsawing your glucose levels. In other words, your food is not longer sabotaging your diet! Your food is actually working FOR you instead of against you. And how does the diet accomplish this miraculous feat? By harnessing the body's own physiology to work in concert with your objectives. Sort of like letting the body have YOUR own way! The objective of the Eades approach (and all low carb approaches) is to reign in the out of control insulin levels which can wreak havoc with your body and health causing hypertension, heart disease, hyperlipidemia (high blood cholesterol), and excessive fat storage (obesity!). Many have stated that when they go off the diet they gain the weight back. Well DUH! This is a practical and lifelong approach to keeping the weight off. But you must restrict the amount of carbs in your diet for this approach to work. Otherwise you'll be back to your old addictive habits in no time with all the attendant health risks. I ingest fewer carbs than are allowed by the Eades and find I am able to more easily stay on this dietary plan. By increasing my carb levels I am simply "playing with fire." I am VERY susceptible to the siren's song of carbohydrates. By reducing my portion size and amount of protein I seem to have accelerated the weight loss. Now there are those naysayers who whine and bellyache that they can't stay on the diet or that they feel too deprived or that they are nauseous, or that they are weak or blah, blah, blah blah blah. THESE symptoms are due to WITHDRAWAL from carbohydrates and it is your body trying to sabotage your dietary changes. Hang in there! And then there are some (VERY few) on whom the diet does not work. Honestly we shouldn't be surprised since quite obviously not all physiologies are alike! But for the overwhelming majority, this diet works great. If you love to eat, hate to count calories, want to improve your overall health and want an approach that WILL work and more importantly that you CAN LIVE with - then this is the diet for you. I've willingly accepted the benefits of this dietary approach and understand that in order to maintain my health and weight I must eat like this for the remainder of my life. The first step for you will be to accept the fact that you are a carboholic! But by going cold turkey, you will gain control of your cravings within 2 to 21 (only in rare cases) days. Oh, I almost forgot to mention. I feel great. No more post meal energy crashes. And I feel 20 years younger. I honestly had forgotten how easily I used to move around. You owe it to yourself and your loved ones to at least read this book. And if you don't find the Eades approach to your liking there are plenty of other low carb approaches: Atkins, Neanderthin, South Beach, Carbohydrate Addict's Diet, and Sugar Busters. In my opinion, the best are Atkins and Protein Power. Good luck, and keep an open mind. It may just set you free.

I have struggled with my weight, my blood sugar and cholesterol for years. My therapist recommended that I take a look at this book. In the 4 weeks I've been following the program, I've dropped 15 pounds, 3 inches off my waist and feel better in ways that I never even thought about. I type for a living -- among other things -- and my hands used to ache after 20 minutes of work. I thought it was arthritis until I started on this plan, and I now know it was retained fluid putting stress on my joints. The book is clear, but not particularly concise. The doctors Eades are trying to describe highly complicated metabolic activities in a way that makes sense to the average lay person. That isn't easy, and they sometimes miss the mark. The reading can be rough sledding sometimes, but hang in there. Understanding the principles behind the plan is essential to being successful. Once the reader gets beyond the metabolic description and into the plan itself, the doctors Eades have a much easier time. The calculations are easy, but they take a few minutes and a tape measure. Once you get the amount of daily protein needs are established, it's simply a matter of using the Eades' helpful tables to plan meals. Some reviewers have complained that Eades overemphasizes the protein levels and does not encourage eating fruits and vegetables. That is a misunderstanding of the plan, to say the least. Yes, the first phase of the plan is highly restrictive when it comes to high carb vegetables and most fruits. But the plan does have a Phase II and then a maintenance phase. The two phases stair-step the carbs back up to a reasonable level. The book is a bit dated -- it was written in 1995 -- and could do with an update. But it is still the solid gold standard for living a high protein/low carb lifestyle.

Great book! Describes the scientific reasons behind the recommended eating plan. There are supporting studies to further support the idea of eating more protein and less carbs. My husband and I have been eating close to the plan (basically avoiding carbs) for the past 3 weeks. I have lost 6 pounds. I feel better and it is way more fun to have meat, cheese, cream, whole milk!! I love Protein Power!!

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