



The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss

By Arthur Agatston M.D.

Download now

Read Online ➔

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D.

THE DIET EVERYONE'S TALKING ABOUT!

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely.

Dr. Agatston's plan allows you to eat the foods you love-meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food. Structured in three simple phases, this may be the easiest diet that you've ever tried.

PHASE ONE: Say goodbye to bad-for-you "goodies"! Your cravings will disappear...and so will eight to thirteen pound.

PHASE TWO: Your stomach is visibly smaller and favorite foods are back on the menu! Your body is burning calories, not storing them!

PHASE THREE: The stage that lasts the rest of your life-normal foods in normal portions. You will keep your ideal weight...and maintain your health and vitality.

With recipes and meal plans for each phase!

"The real value of the book is its sound nutritional advice."
-Newsweek

 [**Download** The South Beach Diet: The Delicious, Doctor-Design ...pdf](#)

 [**Read Online** The South Beach Diet: The Delicious, Doctor-Desi ...pdf](#)

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss

By Arthur Agatston M.D.

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D.

THE DIET EVERYONE'S TALKING ABOUT!

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely.

Dr. Agatston's plan allows you to eat the foods you love-meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food. Structured in three simple phases, this may be the easiest diet that you've ever tried.

PHASE ONE: Say goodbye to bad-for-you "goodies"!

Your cravings will disappear...and so will eight to thirteen pound.

PHASE TWO: Your stomach is visibly smaller and favorite foods are back on the menu!

Your body is burning calories, not storing them!

PHASE THREE: The stage that lasts the rest of your life-normal foods in normal portions.

You will keep your ideal weight...and maintain your health and vitality.

With recipes and meal plans for each phase!

"The real value of the book is its sound nutritional advice."

-Newsweek

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. **Bibliography**

- Sales Rank: #30645 in Books
- Brand: St. Martin's Griffin
- Published on: 2005-04-19
- Released on: 2005-04-14
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.21" h x .94" w x 5.45" l, .67 pounds
- Binding: Paperback

- 311 pages

 **Download** [The South Beach Diet: The Delicious, Doctor-Design ...pdf](#)

 **Read Online** [The South Beach Diet: The Delicious, Doctor-Desi ...pdf](#)

Download and Read Free Online The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D.

Editorial Review

Amazon.com Review

The verdict is in: those simple carbs we've been living on are killing us. For good health, we've got to get our blood sugar under control and stop the incessant cravings. Or so says Dr. Arthur Agatston, author of *The South Beach Diet*. The first half of the book details the science behind the diet. Most of the explanations revolve around why things you thought were healthy—orange juice, wheat toast, carrots—are actually evil. To avoid blood sugar surges, Agatston created a modified carbohydrate plan, recommending plenty of high-fiber foods, lean proteins, and healthy fats, while cutting bread, rice, pastas, and fruits. Major differences from other diets include a lack of concern over portion size and a serious indifference to exercise. Feeling full while on a diet is a beautiful thing, but it seems odd that a cardiologist buries his exercise recommendations in a solitary sentence.

The last half of the book covers his three-stage plan; daily diets are mixed with recipes, some of which are from South Beach restaurant chefs. The most restrictive period lasts just two weeks, enough time to stabilize your urges and lose a few pounds; stage two adds fruits and a handful of other carbs, while stage three is meant to last the remainder of your life, with occasional lapses for white bread or birthday cake. While the diet is sound, the book could be better organized. The first half mixes scientific study with anecdote in a seemingly random way, while the mix of meal plans and recipes can be confusing. Still, the recipes are varied and tasty, and you'll never feel deprived, unless you currently happen to live by bread alone. --*Jill Lightner*

From Publishers Weekly

Despite the glitzy title, this is one of the more appealing diet books among the new "anti-carb" programs. Agatston, a doctor based at Miami Beach's Mt. Sinai Medical Center, found that his patients not only were unable to stay on various popular diets but their cholesterol and blood sugar levels remained dangerously high after trying these plans. The doctor chose to alter his own diet—first avoiding all carbohydrates and fruit and then reintroducing these foods in moderation. Feeling better and losing weight, he then consulted a nutritionist to modify his strategy to devise a sound method for his patients. The South Beach diet begins with a somewhat restrictive two-week program, generally producing a weight loss of from eight to 13 pounds. The initial phase may be difficult for those who crave bread, pasta and fruit. But there are still choices, and snacks (cheese, hummus, vegetables) are a necessary part of the diet. People shouldn't feel hungry on this part of the diet, stresses the author. The second phase offers somewhat more choices, including whole wheat bread and other selected carbohydrates. Agatston advocates combining the "bad" with the "good." For example, take whole wheat bread and dip it into olive oil, rather than using butter. Eat a very small amount of pasta with lots of vegetables, meat and healthy oils. Complete meal plans along with simple recipes comprise roughly half the book. Of course, there's no perfect diet that works for everyone but the enthusiasm of the conversational tone and the inviting manner make the book more appealing than many other diet tomes.

Copyright 2003 Reed Business Information, Inc.

Review

"Dr. Agatston is a noted cardiologist who's made many contributions, but *The South Beach Diet* may be his best. Importantly, this is not 'another diet book.' This is a book about health and well-being. Dr. Agatston does an outstanding job of explaining the importance of the types of food we eat and its impact on preventing

illnesses, such as coronary heart disease and diabetes. Not only will you feel better if you follow his diet, but you will look and live better.” ?Randolph P. Martin, M.D., director of noninvasive cardiology at Emory University Hospital, Atlant

“The real value of the book is its sound nutritional advice.” ?*Newsweek*

“I have tried every diet-including Weight Watchers, The Zone, Atkins, Jenny Craig-and have had a difficult time staying on those programs. The South Beach Diet is easy, simple, and delicious.” ?Linda Richman, author of I'd Rather Laugh

Users Review

From reader reviews:

Steven Tran:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a e-book. Beside you can solve your problem; you can add your knowledge by the reserve entitled The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss. Try to face the book The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss as your good friend. It means that it can being your friend when you truly feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated for yourself. The book makes you far more confidence because you can know every little thing by the book. So , we should make new experience as well as knowledge with this book.

Gloria Smith:

A lot of people always spent their own free time to vacation or maybe go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a reserve. The book The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss it doesn't matter what good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book offers high quality.

Scott Marin:

Why? Because this The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss is an unordinary book that the inside of the guide waiting for you to snap this but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking technique. So , still want to hesitate having that

book? If I had been you I will go to the book store hurriedly.

Norma Wilson:

Many people spending their moment by playing outside having friends, fun activity together with family or just watching TV all day long. You can have new activity to spend your whole day by examining a book. Ugh, do you consider reading a book will surely hard because you have to bring the book everywhere? It okay you can have the e-book, bringing everywhere you want in your Cell phone. Like The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss which is having the e-book version. So , try out this book? Let's view.

Download and Read Online The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. #81D53UCLZ62

Read The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. for online ebook

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. books to read online.

Online The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. ebook PDF download

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. Doc

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. Mobipocket

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D. EPub

81D53UCLZ62: The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss By Arthur Agatston M.D.