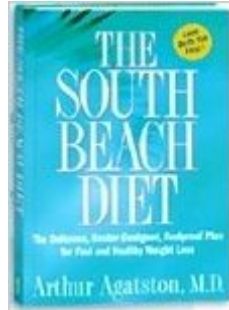


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# South Beach Diet Book



## Synopsis

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 like 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.

## Book Information

Hardcover

Publisher: TNY

ASIN: B000Q48IKY

Product Dimensions: 11.1 x 8.7 x 1.7 inches

Shipping Weight: 3.3 pounds

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #894,220 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #6743 in [Health & Personal Care > Vitamins & Dietary Supplements > Weight Loss](#)

## Customer Reviews

Arthur Agatston (born 1947) is a cardiologist best known as the developer of the South Beach Diet, but also as the author of many published scholarly papers in the field of noninvasive cardiac diagnostics. He wrote in the Preface to this 2003 book, "When I first developed the South Beach Diet in 1995, my goal was to help my cardiology patients improve their heart health. Word spread quickly through Miami about the weight-loss results my patients were seeing... the South Beach Diet is often identified as a 'low carb' diet. While the South Beach is low in PROCESSED and REFINED carbs, it's not a low-carb diet. It encourages the consumption of the 'good carbs' that are so important in maintaining our general health and sustaining long-term weight loss. In fact, the [SBD] can even be a high-carbohydrate diet, as long as you are choosing the right carbs... Another misconception is that the SBD is a high-fat, high-protein diet. From day one, the [SBD] has been a low SATURATED fat diet. We encourage people to eat the 'good fats' that are essential for general health as well as preventing heart disease and cancer. The 'bad fats'---the saturated and trans fats---are empty calories that promote heart disease and diabetes." (Pg. xii-xiii) He states in the first

chapter, "The [SBD] teaches you to rely on the right carbs and the right fats---the GOOD ONES---and enables you to live quite happily without the bad carbs and bad fats. As a result, you're going to get healthy and lose weight..." (Pg. 3) He points out his objections to the Pritikin, Atkins, and Ornish diets. (Pg. 22-24)The first two-week Phase I "does not have to be LOW carb if you eat the RIGHT carbs.

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