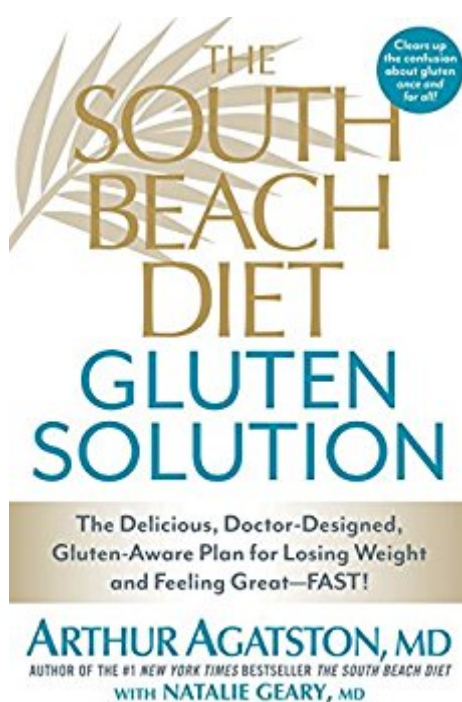


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# The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan For Losing Weight And Feeling Great--FAST!



## Synopsis

Today, supermarkets have entire aisles dedicated to gluten-free products, restaurants boast glutenfree dishes on their menus, and millions of people have cut gluten out of their diets in the hopes of boosting health and losing weight. But despite all the attention, gluten confusion still reigns. The truth is, not everyone needs to give up gluten permanently--and doing so does not guarantee weight loss. In *The South Beach Diet Gluten Solution*, Dr. Arthur Agatston demystifies the effects of the difficult-to-digest protein in wheat and some other grains. With the book's phased Gluten Solution Program, based on proven South Beach Diet eating principles, readers will determine their own levels of gluten sensitivity--and they can drop up to 10 pounds in just 2 weeks. Readers will also find relief from gluten-induced health issues, including brain fog, mood swings, digestive disorders, joint pain, and skin problems. What makes Dr. Agatston's approach unique is that he shows readers how to become gluten aware, not gluten phobic. With detailed daily meal plans, tips for traveling and dining out, inspiring stories, and 20 delicious recipes that sacrifice neither taste nor health, *The South Beach Diet Gluten Solution* gives readers everything they need to feel great, lose weight, and navigate the gluten-free world with ease.

## Book Information

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## Customer Reviews

First let me say that I have read the South Beach Diet and enjoy many of Dr. Agatston's South Beach Diet cookbooks. They are some of my family's favorite recipes. I do think the South Beach eating plan works. Let me also say that I am so pleased to see that a conventional cardiologist like Dr. Agatston has done his research and believes that there is such a thing as "gluten intolerance" and "gluten sensitivity." If you have never read any information about gluten sensitivity, then I would buy this book just for that. He gives a great overview of gluten and its effects on the body if a person is sensitive to it and gluten in general. His writing style is familiar and easy and I like it. However, one area I am disappointed about in this book is his sample daily eating plan. Just as I was disappointed with the recipes in his companion cookbook (The South Beach Diet Gluten Solution Cookbook), so I was also disappointed in the recipes and particularly the sample eating plans in this book. In the original South Beach Diet, his suggested two week daily menus for each phase were balanced and filling. He suggested three main meals and three snacks per day which keeps a person feeling satisfied and full. In this book, he suggests the same, except that several of the breakfast and lunch options he suggests (particularly for Phase One) are so low-fat, low-calorie and low mostly everything else, that I would be starving two hours later. I was shocked that he would think some of these options would be sufficient and/or healthy.

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