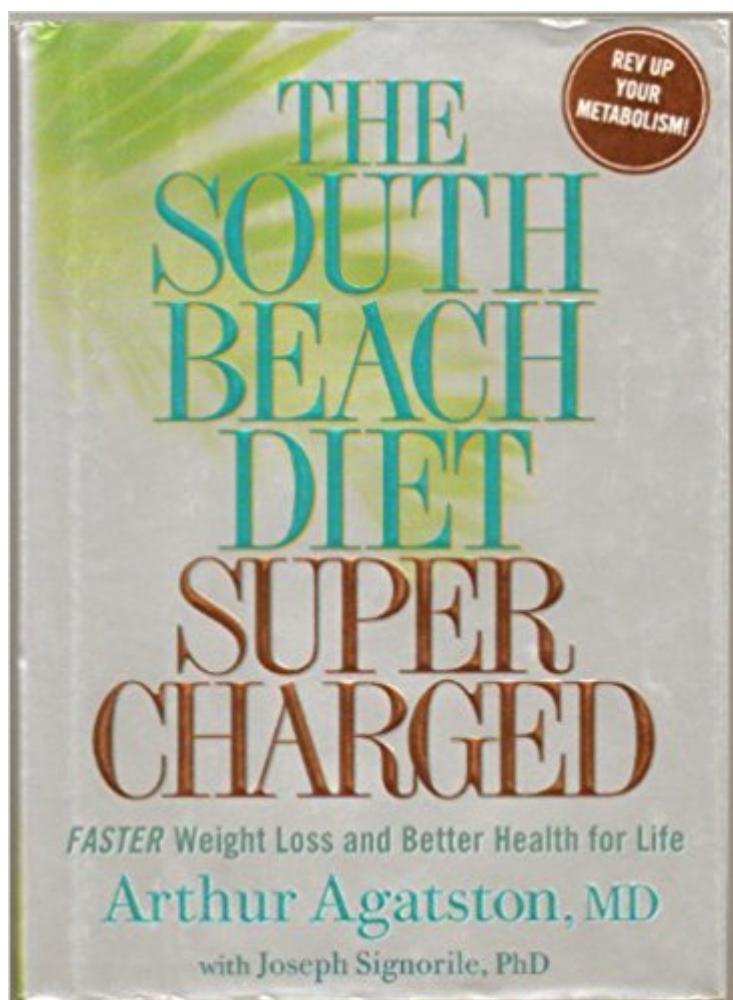


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**The South Beach Diet Supercharged
Faster Weight Loss And Better
Health For Life [2008 Hardcover]
Arthur Agatston MD (Author) Joseph
Signorile PhD (Author)The South
Beach Diet Supercharged Faster
Weight Loss And Better Health For
Life [2008 Hardcover]**





Synopsis

Five years ago, with the publication of *The South Beach Diet*, renowned Miami cardiologist Dr. Arthur Agatston set out to change the way America eats. Now he has an even more ambitious goal: to change the way America lives by helping Americans become fitter as well as thinner and healthier . . . for life. In the all-new *The South Beach Diet Supercharged*, Dr. Agatston shows you how to rev up your metabolism and lose weight faster while following the proven healthy eating principles of the original diet: choose good carbs, good fats, lean protein, and low-fat dairy. Collaborating with Dr. Joseph Signorile, a professor of exercise physiology at the University of Miami, Dr. Agatston presents a cutting-edge, three-phase workout that perfectly complements the three phases of the diet itself. Based on the latest exercise science, this ease-into-it fitness program combines low- and high-intensity interval exercise (with a focus on walking) and functional core body-toning exercises. The result: You'll look fitter and you'll burn more fat and calories all day—even at rest. Also included is the latest nutritional research on how specific foods high in vitamins, minerals, fiber, and a host of phytonutrients help keep you healthy; new and expanded lists of Foods to Enjoy; taste-tempting Meal Plans for phases 1 and 2; and dozens of easy-to-prepare new recipes, including Eggs Frijoles, Chock-Full-of-Veggies Chili, Roasted Tomato Soup, Homestyle Turkey Meatloaf, and South Beach Diet Tiramisu. In every chapter you'll find inspiring success stories from real-life South Beach dieters and plenty of effective weight loss tips. And as an added bonus, Dr. Agatston answers the questions you've most often asked him about the diet since the original book was published.

Book Information

Hardcover

ASIN: B0048FT0PO

Package Dimensions: 9.2 x 6.6 x 1.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.2 out of 5 stars 832 customer reviews

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Customer Reviews

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up your metabolism and lose weight faster while following the proven healthy eating principles of the original diet: choose good carbs, good fats, lean protein, and low-fat dairy. Collaborating with Dr. Joseph Signorile, a professor of exercise physiology at the University of Miami, Dr. Agatston presents a cutting-edge, three-phase workout that perfectly complements the three phases of the diet itself. Based on the latest exercise science, this ease-into-it fitness program combines low- and high-intensity interval exercise (with a focus on walking) and functional core body-toning exercises. The result: You'll look fitter and you'll burn more fat and calories all day—•even at rest. Also included is the latest nutritional research on how specific foods high in vitamins, minerals, fiber, and a host of phytonutrients help keep you healthy; new and expanded lists of Foods to Enjoy; taste-tempting Meal Plans for phases 1 and 2; and dozens of easy-to-prepare new recipes, including Eggs Frijoles, Chock-Full-of-Veggies Chili, Roasted Tomato Soup, Homestyle Turkey Meatloaf, and South Beach Diet Tiramisu. In every chapter you'll find inspiring success stories from real-life South Beach dieters and plenty of effective weight loss tips. And as an added bonus, Dr. Agatston answers the questions you've most often asked him about the diet since the original book was published.

Nothing makes you lose weight faster than cutting carbs in my experience, but Atkins is too restrictive. This diet lets you add in a little bit more and gives you some easy exercises to do to strengthen and build muscle for more calorie burn. I haven't been using it for too long but so far it seems doable.

This is my favorite diet. I'm not a "diet" person, in that I really believe in simple, healthy eating. The South Beach diet covers basic principles: stay away from a lot of sugar, and eat healthy. In my experience the South Beach is not really a diet but a lifestyle. It was developed for heart patients but also has the wonderful side effect of weight loss. The principles are sound, nutritional advice and not a fad. Highly recommend.

Maybe I'm not the right person to be reviewing this book because I've been only been at it one week. I've only lost 3 pounds so far but that's fine with me. I think people who lose weight too quickly are asking for problems down the road. This is a very easy, very sensible diet plan. It's just common sense. Sugar and processed carbs are bad for you high fat meats are bad for you ... bread, pasta, potatoes, and starchy veggies will make you fat too unless moderated. Common sense. I guess the most startling discovery for me has been that by day 2 I wasn't hungry anymore

and stopped craving sugar and anything made with flour. Strangely, I'm missing fruit more than anything else. And I think that's a good sign.

I have dropped 10 pounds in 9 days so far. I know that rapid weight loss will slow down but so far so good.

This is an awesome book if you are ready to change your life and eating habits --lots of info and recipes to help you on your weight loss journey!

Arrived in perfect condition and exactly what I wanted - The hardcover. The paperback is entirely too small in my opinion, so I placed another order for the Hardcover. I will donate the paperback to the library. Was packed well and I am entirely satisfied with this book. The diet works. I lost 8 lbs in 7 days.

I was having problems figuring out the low glycemic load foods. My nutritionist told me that she doesn't recommend specific books. However, since the low glycemic index / load can be confusing to figure out when using recipes, she recommends this book. I use the Phase 2 recipes and they are proving helpful, at least until I become more familiar with creating my own low glycemic recipes. The only reason I didn't give this 5 stars is that I'm not comfortable recommending Phase 1 as a total diet for 2 full weeks.

Love love this book i have lost such a great amount of weight this book changed my life I had the first version as well but find this one better just because of the more information and food plans

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