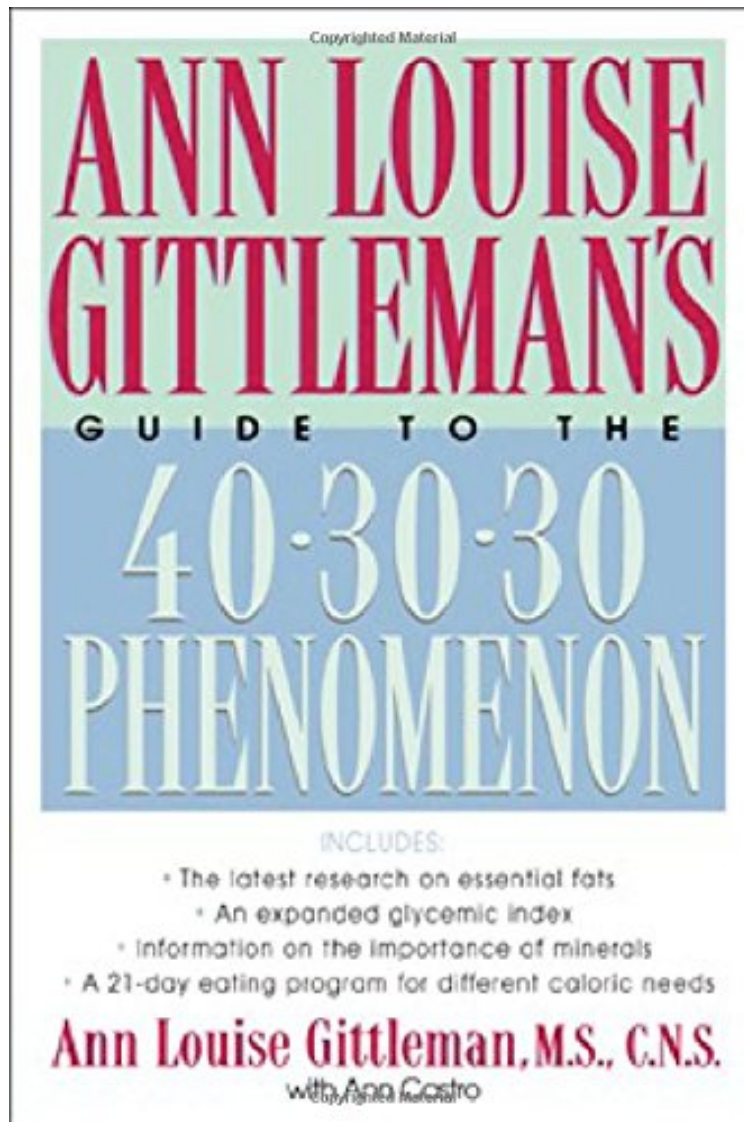


Ann Louise Gittleman's Guide to the 40-30-30 Phenomenon

Ann Louise Gittleman
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Ann Louise Gittleman : Ann Louise Gittleman's Guide to the 40-30-30 Phenomenon before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ann Louise Gittleman's Guide to the 40-30-30 Phenomenon:

1 of 1 people found the following review helpful. Four Stars By Lisa M. Rogers Pretty good! 1 of 1 people found the following review helpful. I feel a 40-30-30 diet is the best diet I have seen By Kathryn A Converse I feel a 40-30-30 diet is the best diet I have seen, a diet that underscores the need for folks to eat from ALL major food groups. Ms.

Gittleman's book fills a very real need of giving readers specific recipes that meet the criteria of a 40-30-30 diet. If there are any negatives, and this is only a minor one, it would be that I wished she had included a few more non fish, non meat recipes. 1 of 1 people found the following review helpful. Four Stars By Customer Very good

A leading nutritionist offers a safe, effective, and proven alternative to yo-yo dieting The nation's recent fat-free "health" craze has resulted in obesity levels up 30 percent, unchanged heart disease rates, an increase in diabetes, and a sugar consumption rate of 150 pounds per year per American! Anne Louise Gittleman's Guide to the 40/30/30 Phenomenon offers a more effective approach to healthy eating and permanent weight loss. The 40/30/30 diet provides a balance of complex carbohydrates, protein, and fat devised to make the best use of the body's hormonal responses to food, thereby regulating blood sugar, reducing stored fat, and preventing hunger and cravings. Time-tested, this user-friendly approach to restored health can be adjusted to fit an individual's biochemical makeup, including blood type. Highlights include: Latest research on essential fats and CLA (conjugated linoleic acid) Glycemic index of more than 100 food items Up-to-date information on carbohydrate-connected disorders including diabetes and Syndrome X 21-day 40/30/30 program for various caloric needs

From the Back Cover No doubt about it--the zone-based 40/30/30 diet is indeed a phenomenon! Everyone--from top athletes to movie stars to average Joes struggling to lose weight--is switching from ineffectual high-carb, low-fat diets to this scientifically based, healthy alternative. And the reason is simple--it works! With Ann Louise Gittleman's Guide to the 40-30-30 Phenomenon say goodbye to food cravings and low energy and say hello to enhanced mental focus, controlled blood sugar, long-term hunger satisfaction, and effortless weight loss. In these pages, nutritionist Ann Louise Gittleman lays out a clinically proven 40/30/30 dietary program devised to make the best use of the body's hormonal responses to food, thereby regulating blood sugar and reducing stored fat. This flexible plan even includes three complete 21-day menu plans for various caloric needs. To follow the 40/30/30 phenomenon you don't have to be a zealot, starve yourself, or shun red meat--you don't even have to have willpower! The body-chemistry changes that result from this balanced diet of complex carbohydrates, protein, and fat will keep frustrating food cravings at bay and healthy weight loss on track. Highlights include: The latest research on essential fats and CLA (conjugated linoleic acid) for optimum fat burning Glycemic index of over 100 foods Up-to-date information on carbohydrate-related disorders including diabetes and Syndrome X About the Author Ann Louise Gittleman is a nationally acclaimed nutritionist and author. The former nutritional director at the Pritikin Longevity Center, she has been widely featured as a health expert on television and radio. She is the author of several books, including the bestselling Eat Fat, Lose Weight.