

# The Pritikin Weight Loss Breakthrough



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Amazon.com Pity poor Robert Pritikin: his father Nathan, who almost died of heart disease in the 1950s but saved himself with his famous low-fat diet, was extraordinarily disciplined. He could eat a dinner of brown rice and then go for a run. Robert, on the other hand, craved cheeseburgers and just wanted to hang out on the couch. It turns out that Robert had the "fat instinct," a natural, evolution-favored tendency to eat calorically dense foods and conserve energy. How he beats that instinct--and how you can, too--is the heart of his Breakthrough. The book shows how to eat until you're full several times a day; enjoy the food you're eating; use exercise to create cravings for nutrient-rich, carbohydrate-based foods; and stay on the program even if you're traveling or out with friends at a restaurant. The Pritikin Weight Loss Breakthrough is the answer to all the antitarbohydrate, pro-protein and pro-fat books out there, citing legitimate research to defend its positions and offering dozens of recipes to help facilitate the plan. --This text refers to an out of print or unavailable edition of this title. From Library Journal Pritikin, son of the founder of the Pritikin Longevity CenterR, explains why diet programs fail. Working with the center's scientists and doctors, he found that humans have a genetic predisposition?a fat instinct?that kicks in any time we diet, deciding that we are going through a famine and thereby causing our metabolic rate to slow down. We

therefore conserve calories and crave fat. To counter this instinct, Pritikin offers menus that are divided into three categories: better, better still, and best. Unfortunately, the recipes are not up to the appetizing standards of previous Pritikin books, and some of the directions are confusing to follow. Purchase only if Pritikin books have a large following in your library.-?Connie Weaver, Bosler Free Lib., Carlisle, Pa. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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