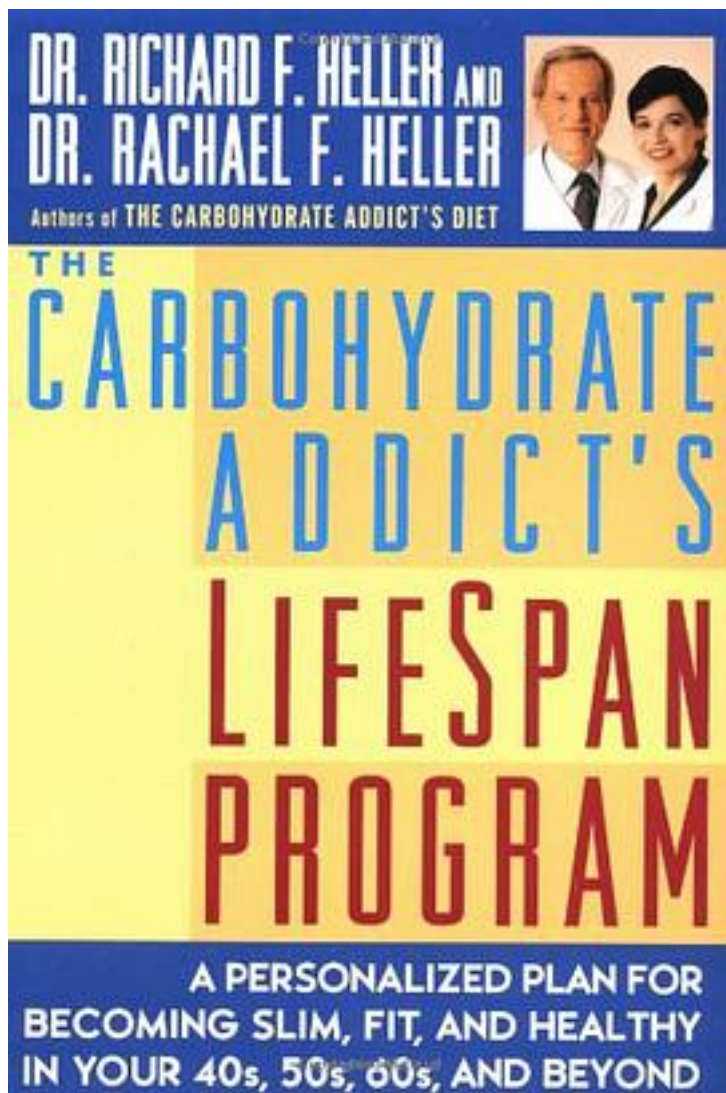


# The Carbohydrate Addicts Lifespan Program



[The Carbohydrate Addicts Lifespan Program 下载链接1](#)

著者:Rachael F. Heller,Richard F. Heller

出版者:Penguin Putnam

出版时间:1998-1

装帧:Softcover

isbn:9780452278387

Amazon.com &quot;If you are carbohydrate addicted, this book will give you the information you need to literally eliminate your cravings for starches, snack foods, or sweets and get control over your eating and your life--at any age, through all the decades to come--and without sacrifice. You will be able to lose weight and greatly decrease your risk for virtually all of [America's] top killer diseases. You will get the guidance you need to make the lifestyle change you have been waiting [for] for so long. And, in addition, you will gain the courage and conviction that your hunger, cravings, and weight problems are not your fault, and as the pounds fade, so will your guilt and self-blame.&quot; So begins The Carbohydrate Addict's Lifespan Program, a book especially tailored for those 40 and over, especially menopausal women and those who were prescribed Fen-Phen. Its premise is simple--it's designed to help you rid your body of excess insulin. When excess insulin is circulating through the body, it's virtually impossible to lose weight, say Richard and Rachael Heller, both research scientists and professors and authors of the bestselling Carbohydrate Addict's Diet. They've created a sympathetic and clear guide for keeping insulin levels--and therefore food cravings--in check, with plenty of appealing and easy-to-prepare recipes, including low-fat Chicken Kiev and Herby Crabmeat Salad. A stress-reduction plan, progress charts, meal plans, and comprehensive index are included.--Erica Jorgensen --This text refers to an out of print or unavailable edition of this title. From Publishers Weekly The authors of The Carbohydrate Addict's Diet (1993) and Healthy for Life (1995) aim the latest volume in their approach to carbohydrate addiction at maturing Americans. Professors at Mount Sinai School of Medicine in New York City, the Hellers reiterate their claims that excess insulin causes some people to crave carbohydrates, creating an unstoppable cycle of cravings and weight gain. Noting that metabolisms slow down as individuals age, the Hellers again tell personal stories of learning how to manage their carbohydrate intake and their weight. They present their Basic Plan, which is based on craving-reducing proteins and vegetables and allows "Reward Meals" that include reasonable portions of carbohydrates. Nine "Options" include such tactics as adding chromium, exercising, or cutting out MSG (which triggers carbo cravings). The Hellers also link excess insulin to such age-related diseases as high blood pressure, heart disease and adult-onset diabetes. Accompanying recipes and menus, which allow much more fat than typical low-fat/high-carb plans, may attract new readers. To maturing Heller fans, much of the text will seem familiar. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

作者介绍:

目录:

[The Carbohydrate Addicts Lifespan Program 下载链接1](#)

标签

评论

-----  
[The Carbohydrate Addicts Lifespan Program 下载链接1](#)

书评

-----  
[The Carbohydrate Addicts Lifespan Program 下载链接1](#)