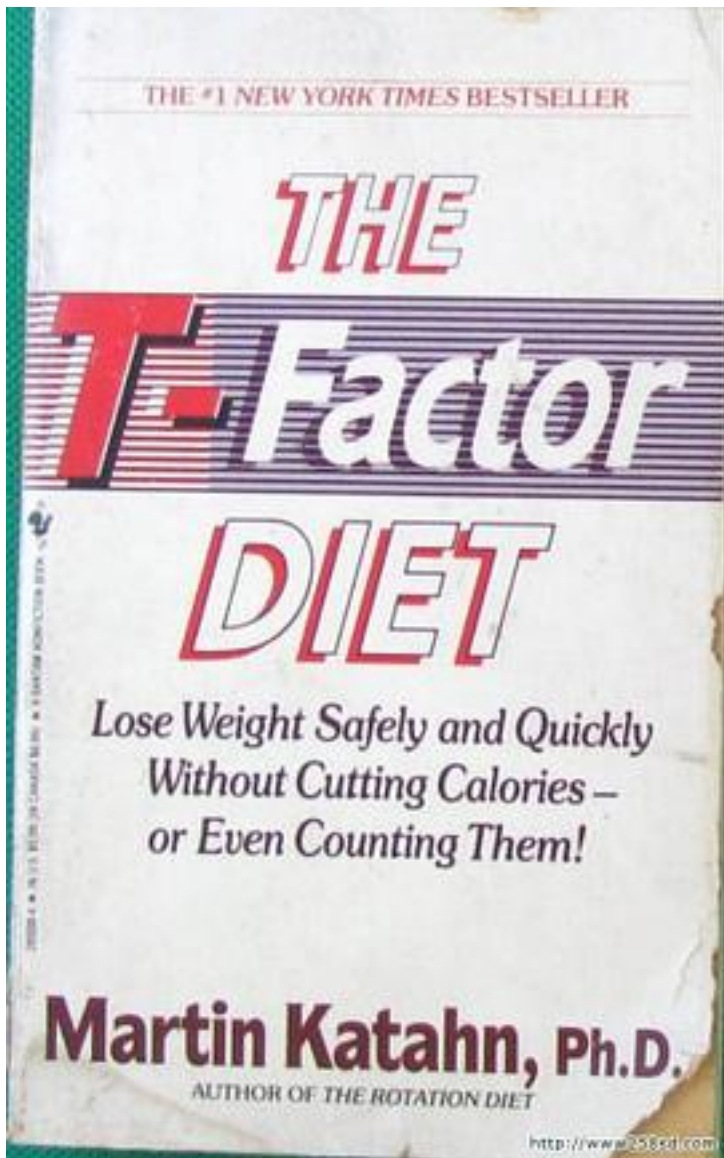


The T-Factor Diet



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From Publishers Weekly Nutritionists have often addressed the notion that the body utilizes carbohydrate and protein calories more readily than calories from fat (the latter are more easily stored in fat cells). Katahn, director of the Vanderbilt Weight Management Program at Vanderbilt University, provides both welcome proof of and a complete nutrition program based on that idea. The "T" in "T-Factor" stands for "thermogenesis"--the "burning up" of calories for energy, a process requiring a mixture of fats and nonfats. Katahn contends convincingly that we can use this biomechanical process to our advantage and even lose weight without counting calories: we can force our bodies to turn excess stored fat gradually into energy by reducing our intake of fatty foods and engaging in regular, low-intensity aerobic exercise. Katahn's dietary prohibitions are not dramatic; his diet includes everything from lean meats to gingersnaps, as well as fruits and vegetables. Charts, tables and dozens of simple, tasty recipes using familiar ingredients show how easily and deliciously fatty foods can be avoided, replaced and barely missed. Other chapters offer sane advice on childhood obesity and motivating oneself to exercise. An ex-"fatty" and a wise man, despite his penchant for exclamations and overstatement, Katahn has written a diet book that can also be highly recommended as a lifetime fitness guide and even a cookbook. 250, 000 first printing. First serial to Family Circle; BOMC featured selection; author tour. Copyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. Book Description In his new scientific diet, based on the latest metabolic research, Dr. Katahn shows you how to use the "T-factor" of complex carbohydrates to burn off most of the fattening effect of calories. What he calls the T-factor is the thermogenic effect, which burns calories of carbohydrates much faster than calories of fat. With the T-factor Diet, you choose foods that naturally maximize your T-factor level. All calories are not the same, and Dr. Katahn shows you how to activate your body's hidden fat-burning potential to lose weight quickly and safely. Also included are excercises, easy, tantalizing recipes and meal plans, and Quick Melt--a T-factor program for accelerated weight loss. Put the T--factor to work for you, and in as little as three weeks you can have a new body and a new outlook on life! You'll be eating just about as much as you want of foods that you like and that are good for you--and perhaps best of all, you'll never have to count calories again! --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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