



Beyond Pritikin (Rev Ed) (Paperback)

By Ann Louise Gittleman

Bantam Doubleday Dell Publishing Group Inc, United States, 1996. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The proven natural way to a healthier, slimmer life! Americans have never been more health- and diet-conscious, yet the percentage of overweight Americans is greater than ever before. Could the fat-free diet often promoted for weight loss and health actually be causing sugar cravings, weight gain, fatigue, and other serious problems? Based on a revolutionary dietary model using healthful essential fats and lower carbohydrate intake, Beyond Pritikin is a complete lifestyle regimen for health, weight loss, and longevity. In this updated program, informed by the latest scientific research, Ann Louise Gittleman, former director of nutrition at the Pritikin Longevity Center, tells you how to lower cholesterol, revitalize your immune system, control weight, and slow the aging process--the major health concerns of our time. Beyond Pritikin includes: - The complete guide to the essential fats: how they work, and what foods and dietary supplements contain them - How carbohydrates, when not balanced in the diet by sufficient protein and fat, stimulate insulin production--which promotes the storage of body fat - Fat-burning nutrients--natural substances that boost the body's ability to burn fat...

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