



The Carbohydrate Addict's Lifespan Program: Personalized Plan for bcmg Slim Fit Healthy your 40s 50s 60s Beyond

By Dr. Rachael F. Heller, Dr. Richard F. Heller

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Millions of maturing Americans face increasing weight levels and failing health, although they eat no more than they did when they were younger. Drs. Richard and Rachael Heller have found the post-forty-year-old's "slowing metabolism" often stems from changes in insulin balance which decrease its ability to burn food energy and increase its ability to turn food energy into fat. Drawing from their breakthrough research into the carbohydrate-insulin connection to excess weight and poor health, the Hellers offer readers a comprehensive, straightforward program for people over forty, including:

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Editorial Review

Amazon.com Review

"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." 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*

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.

From Library Journal

The Hellers have written a sequel to their popular *The Carbohydrate Addict's Diet* (LJ 5/15/91), which argued that the best way to lose weight lay in reducing carbohydrates rather than fats. This new work is designed specifically for people between the ages of 40 and 60, but, unfortunately, it covers the same diet program as the first book, only with different personal success stories. The first three sections contain a description of the carbohydrate addict, "the basic plan," "options" to help in further weight reduction, and tips on eating out. Yet the food pyramid is never discussed, and skipping a meal is encouraged. Menus and recipes are presented in the fourth section, and a lengthy bibliography is included. Purchase only where this writing duo is in demand.

--*Connie Weaver, Bosler Free Lib., Carlisle, Pa.*

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Users Review

From reader reviews:

Kenneth Williams:

Information is provisions for people to get better life, information currently can get by anyone with everywhere. The information can be a knowledge or any news even an issue. What people must be consider when those information which is within the former life are hard to be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you receive the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take The Carbohydrate Addict's Lifespan Program: Personalized Plan for bcmg Slim Fit Healthy your 40s 50s 60s Beyond as your daily resource information.

Priscilla Jefferson:

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Larry Munoz:

Why? Because this The Carbohydrate Addict's Lifespan Program: Personalized Plan for bcmg Slim Fit Healthy your 40s 50s 60s Beyond is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book adjacent to it was fantastic author who also write the book in such remarkable way makes the content on the inside easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your ability and your critical thinking technique. So , still want to delay having that book? If I had been you I will go to the book store hurriedly.

Nancy Brown:

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