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to Yo-Yo Dieting



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Addict's

Diet



Dr. Rachael F. Heller and
Dr. Richard F. Heller

Carbohydrate Addicts Diet

Rachael F. Heller, Richard F. Heller



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The Carbohydrate Addict's Diet Rachael F. Heller, Richard F. Heller, 2002 **The Carbohydrate Addict's Diet** Rachael F. Heller, Richard F. Heller, 1993-03-01 After eating a full breakfast are you hungrier before it's time for lunch than you would be if you only had time for a cup of coffee Do you have a hard time stopping once you start to eat bread pasta or sweets Do you have a tendency to gain weight easily or if you lose weight to gain it back again If you answered yes to one or more of these questions you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates a compelling or recurring craving for starches snack foods or sweets Now Drs Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo yo syndrome permanently without deprivation based on the Hellers nine years of research thousands of case studies and their own personal victories over cravings and weight maintaining a 200 pound loss between them this healthful unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring food exchanges and calorie counting A daily Reward Meal along with wholesome balanced Complementary Meals fit easily into busy schedules restaurant meals holiday celebrations and vacations Filled with sound advice and effective strategies including wonderful recipes and menu plans this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight for life **The Carbohydrate Addict's Program for Success** Rachael F. Heller, Richard Ferdinand Heller, 1993 As the authors of the phenomenally successful Carbohydrate Addict's Diet know losing weight is hard work Even harder however is keeping the weight off sticking to the new patterns of eating necessary for success Now Drs Heller and Heller provide the additional support that every carbohydrate addict needs to succeed **The Carbohydrate Addict's Diet/the Carbohydrate Addicts Program for Success** Dr Rachael F Heller, Richard F. Heller, 1993-03-01 **The Carbohydrate Addict's Lifespan Program** Richard Ferdinand Heller, Rachael F. Heller, 1998 Millions of maturing Americans face increasing weight levels and failing health although they eat no more than they did when they were younger Drawing from their breakthrough research into the carbohydrate insulin connection to excess weight and poor health Drs Richard and Rachael Heller have created a comprehensive straightforward program for getting trim and staying vigorous through the best years of life **The Carbohydrate Addict's Gram Counter** Rachael F. Heller, Richard F. Heller, 1993-06-01 If you love to eat starches snack foods or sweets and have trouble stopping once you start you may be a carbohydrate addict Standard diets don't work for you simply because it's not a matter of willpower it's a matter of biology Offering much more than a standard gram counter this handy reference provides the special information carbohydrate addicts need on Calorie fat and carbohydrate counts of 2 700 foods Health and diet foods and over the counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out ethnic style for all your favorite foods Hundreds of vegetarian non meat and non dairy alternatives Low fat healthy heart food choices The

Drs Heller have discovered what causes carbohydrate addiction and best of all how to help you correct it permanently and struggle free If you are a carbohydrate addict this little book contains information that is essential to your success

Carbohydrate Addict's Diet (J-Hook Format) Rachael F. Heller, Richard F. Heller, 2000-01-01 **The Carbohydrate Addict's Healthy Heart Program** Richard Ferdinand Heller, Rachael F. Heller, Frederic J. Vagnini, 2000 Compatible with the American Heart Association guidelines The Carbohydrate Addicts Healthy Heart Program is a carb smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure high blood fat levels adult onset diabetes and heart disease without sacrifice and without deprivation WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICT S HEALTHY HEART PROGRAM DR RACHAEL F HELLER show before and after photos of Dr Heller BEFORE AFTER BLOOD PRESSURE 220 120 110 70 TOTAL CHOLESTEROL 250 178 TRIGLYCERIDES 385 98 BLOOD SUGAR DIABETIC NORMAL WEIGHT 300 lbs 138 lbs HEART RISK RATIO HIGH RISK LOW RISK Are you a carbohydrate addict at risk for heart disease Take this quiz and find out 1 After eating breakfast are you hungry before lunchtime 2 Do you get tired in the middle of the afternoon and find that a snack makes you feel better 3 Do you eat or snack when you re really not hungry 4 Once you start eating snack foods or sweets is it hard to stop 5 Does stress exhaustion loneliness or boredom make you want to eat 6 Have you been told that you re overweight or have high blood pressure or adult onset diabetes Or do any of these disorders run in your family SCORING COUNT YOUR YES ANSWERS 0 1 PROBABLY NOT CARBOHYDRATE ADDICTED 2 4 MILD OR MODERATE CARBOHYDRATE ADDICTION 5 6 SEVERELY CARBOHYDRATE ADDICTED

The Carbohydrate Addict's Calorie Counter Rachael F. Heller, Richard F. Heller, Dr Rachael F. Heller, 2000 The bestselling authors of books on carbohydrate addiction which surged in sales after their appearance on Oprah this fall release a revolutionary approach to calorie counting with this new book Alphabetized bar graphs allow readers to see at a glance which foods are lowest in calories High low comparison charts list calories in descending order The serving size lists are all uniform

The Carbohydrate Addict's Gram Counter Rachael F. Heller, Richard F. Heller, 1993-06-01 If you love to eat starches snack foods or sweets and have trouble stopping once you start you may be a carbohydrate addict Standard diets don t work for you simply because it s not a matter of willpower it s a matter of biology Offering much more than a standard gram counter this handy reference provides the special information carbohydrate addicts need on Calorie fat and carbohydrate counts of 2 700 foods Health and diet foods and over the counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out ethnic style for all your favorite foods Hundreds of vegetarian non meat and non dairy alternatives Low fat healthy heart food choices The Drs Heller have discovered what causes carbohydrate addiction and best of all how to help you correct it permanently and struggle free If you are a carbohydrate addict this little book contains information that is essential to your success **The Carbohydrate Addict's Fat Counter** Rachael F. Heller, Richard F. Heller, 2000 The authors whose carbohydrate addicts

program created a national stir after recent Oprah appearances release the first completely new approach to fat gram counting a fast easy to use at a glance format that will help readers stick to their diets All serving sizes are uniform High low comparisons list fats in descending order Helpful tidbits are also included Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2003 Contains alphabetically arranged entries that describe various weight loss means and methods including specific diets support groups or services and people who have influenced the way Americans eat and includes an introductory essay that traces the history of weight loss plans The Low-Carb Comfort Food Cookbook Ursula Solom, Mary Dan Eades, Michael R. Eades, 2013-02-21 The revolutionary cookbook that satisfies all your comfort food cravings from the New York Times bestselling authors of Protein Power When you think about low carb diets do you picture complicated meal plans and bland foods that leave you with cravings Do the words comfort food make you long for scrumptious delights like pancakes ice cream chocolate chip cookies or fettucine alfredo foods you thought you could never have on a low carb diet If your answers to the above were yes and yes you re in for a huge surprise You can have these foods and many more thanks to The Low Carb Comfort Food Cookbook Drs Michael and Mary Dan Eades and chef Ursula Solom give you unique easy cooking tips and more than 300 yummy low carb recipes for foods that help you keep your weight down and fulfill your cravings In no time at all you ll be on an easy to follow low carb plan that will allow you to stay thin and healthy and feel great Southern fried chicken with pan gravy Elegant biscuits Melt in your mouth pancakes Deluxe low carb macaroni and cheese Beef and mushroom crepes Spicy corn chips Soft crust pizza Low carb beef stroganoff Raisin rolls Breaded sole Fettucine alfredo Low carb lasagna Super banana bread Low carb tacos Bean and cheese burritos Best garlic bread Eggplant parmigiana Rich low carb pound cake Scrumptious low carb cheesecake Apple brown betty Cheddar cheese waffles Chocolate ice cream Key lime pie Sublime truffles **Mademoiselle**, 1994-05 *The Low-carb Bible* Elizabeth M. Ward, 2004-07 Understanding the fundamentals of low carb dieting Know your low carb options with reviews of popular low carb programs *Running in Heels* Anna Maxted, 2009-10-13 A charming intelligent and often hilarious tale of twentysomething angst and female friendship The Washington Post Book World Babs is getting married And Natalie Miller twenty seven senior press officer for the London Ballet panics What happens when your best friend pledges everlasting love to someone else Nat is dating a guy named Saul Bowcock But as the confetti flutters her good girl veneer cracks and she falls into an alluringly unsuitable affair that spins her crazily out of control Nat is on the rebound and allergic to the truth about Babs s relationship her boyfriend s ambition her parents divorce and her golden boy brother s little Australian secret Her mother s lasagna and her roommate Andy s fuzzy slippers are also monstrous affronts But what Nat really needs to face is the mirror and herself Wickedly witty and refreshingly honest Running in Heels is a look at the lies we tell ourselves and the unwanted truths that only our best friends can tell us Hilariously and touchingly told balances the humor and the seriousness of Natalie s problems perfectly Booklist Populated with a cast of entertaining characters Entertainment Weekly Strong on

humor heartache and snappy dialogue Boston Sunday Herald **Good Carb, Bad Carb for a Healthy Lifestyle** Wynnie Chan,2005 *The Secret to Low Carb Success!* Laura Richard,2002 In this well researched and informative book the author discusses all the major carbohydrate diet programs and guides readers through the benefits and pitfalls of each showing exactly how to create a low carbohydrate lifestyle Includes tips on how to speed weight loss and break plateaus advice and personal success stories tips on how to harness the power of the Internet and more **Understanding Your Health** Wayne A. Payne,Dale B. Hahn,Ellen Mauer,2005 *The Carbohydrate Addict's Lifespan Program* Richard Ferdinand Heller,Dr Richard F. Heller,Rachael F. Heller,2001 The authors revolutionized the diet industry with their breakthrough research into the carbohydrate insulin connection the discovery that excess amounts of insulin in the bloodstream cause people to store more fat and crave starches snack food and sweets Their personalized LifeSpan plan was designed to meet the needs of the struggling dieter

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