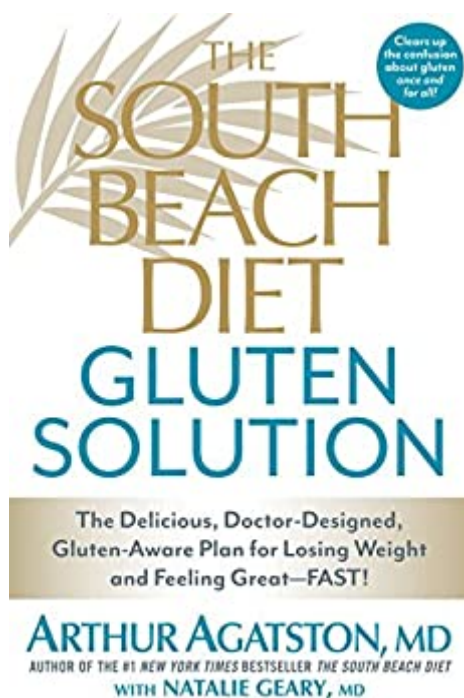


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# The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan For Losing Weight And Feeling Great--FAST!



## Synopsis

Today, supermarkets have entire aisles dedicated to gluten-free products, restaurants boast glutenfree dishes on their menus, and millions of people have cut gluten out of their diets in the hopes of boosting health and losing weight. But despite all the attention, gluten confusion still reigns. The truth is, not everyone needs to give up gluten permanently--and doing so does not guarantee weight loss. In *The South Beach Diet Gluten Solution*, Dr. Arthur Agatston demystifies the effects of the difficult-to-digest protein in wheat and some other grains. With the book's phased Gluten Solution Program, based on proven South Beach Diet eating principles, readers will determine their own levels of gluten sensitivity--and they can drop up to 10 pounds in just 2 weeks. Readers will also find relief from gluten-induced health issues, including brain fog, mood swings, digestive disorders, joint pain, and skin problems. What makes Dr. Agatston's approach unique is that he shows readers how to become gluten aware, not gluten phobic. With detailed daily meal plans, tips for traveling and dining out, inspiring stories, and 20 delicious recipes that sacrifice neither taste nor health, *The South Beach Diet Gluten Solution* gives readers everything they need to feel great, lose weight, and navigate the gluten-free world with ease.

## Book Information

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## Customer Reviews

First let me say that I have read the South Beach Diet and enjoy many of Dr. Agatston's South Beach Diet cookbooks. They are some of my family's favorite recipes. I do think the South Beach eating plan works. Let me also say that I am so pleased to see that a conventional cardiologist like Dr. Agatston has done his research and believes that there is such a thing as "gluten intolerance" and "gluten sensitivity." If you have never read any information about gluten sensitivity, then I would buy this book just for that. He gives a great overview of gluten and its effects on the body if a person is sensitive to it and gluten in general. His writing style is familiar and easy and I like it. However, one area I am disappointed about in this book is his sample daily eating plan. Just as I was disappointed with the recipes in his companion cookbook (The South Beach Diet Gluten Solution Cookbook), so I was also disappointed in the recipes and particularly the sample eating plans in this book. In the original South Beach Diet, his suggested two week daily menus for each phase were balanced and filling. He suggested three main meals and three snacks per day which keeps a person feeling satisfied and full. In this book, he suggests the same, except that several of the breakfast and lunch options he suggests (particularly for Phase One) are so low-fat, low-calorie and low mostly everything else, that I would be starving two hours later. I was shocked that he would think some of these options would be sufficient and/or healthy. For example, breakfast for Day 14 of his sample gluten-free meal plans on Phase I suggests a "Morning Mocha Smoothie" made with fat free milk, nonfat yogurt, instant coffee powder and two tablespoons of sugar free chocolate syrup. Also allowed is coffee or tea. You then have a suggested snack of reduced fat cottage cheese and chopped bell pepper. Then for lunch, soup and a chef's salad with one ounce of ham and turkey and lowfat cheese on mixed greens. This is just a small example, but I am not sure why he veers so much off the course of "not worrying about calories and only worrying about eating good fats and good carbs" like he was doing in the original South Beach diet books. Perhaps he has a new dietitian advising him? In summary, the gluten information is good, but the eating plan/recipes are not as good as his original South Beach Diet.

As someone who has been closely following the emergence of "Gluten-free" into the national conversation, I have long awaited a credible source to explain exactly how it affects everyone. Dr. Agatston is that source and his new book is the answer. It begins with a detailed explanation of gluten and why it has become such a hot topic. Dr. Agatston describes how gluten affects

individuals differently and why all of us can benefit from better understanding it. He is not suggesting that everyone should permanently eliminate gluten from their diets. But, instead, by becoming "gluten-aware" (but not necessarily "gluten-phobic") and testing a short gluten-free diet, we can determine if we are one of those who will drastically benefit from a gluten-free lifestyle. The power of his Gluten Solution Program lies in the way it builds on the traditional South Beach Diet. Regardless of whether you end up adopting a long-term gluten-free diet or not, Dr. Agatston's plan will help you immediately lose weight, keep it off, and live the lifestyle you want. What's absolutely amazing, or scary, is how accurately Dr. Agatston's first book (The South Beach Diet) anticipated this "new" news and helped readers prepare for it in advance.

This is the second time I read this book. I missed a lot, so read it carefully. It's not the specialized book that it appears to be. I gave it five stars, because it is well-written and full of useful information for anyone who is interested in eating good food. Whole foods rule, especially the naturally gluten-free foods. The danger to your diet comes in the form of hidden wheat gluten and processed gluten-free foods. Like South Beach Supercharged, this book provides healthy eating principles. I actually followed the program after suffering from gluten overload on vacation. It works. Get the cookbook, too. You will also be able to discern whether your favorite recipes are gluten-free and make adjustments by changing some ingredients. This book makes you gluten aware, not gluten-phobic. Read the book and eat better.

Although everyone might not have a problem with gluten, many people do; I am one such person. I found this book to be a tremendous help in making changes to my diet that made my life a lot better. My son, who is a health advocate for everyone, kept telling me that regardless of tests that did not indicate I have a problem with gluten, that I needed to try to go gluten free. It was good advice. As detailed on the back cover of his book, Dr. Arthur Agatston gave me a better understanding of the role gluten plays in my health and provides an effective eating plan. My health has improved greatly and I expect that it will continue to do so. Thank you Dr.. Agatston for writing this helpful and informative book. Whether or not individuals think they have a gluten problem, this book will prove invaluable. I highly recommend it to readers who care about their health...and shouldn't we all?

Just as qualitative, thorough, readable and understandable as the original South Beach books, I really like this book now that I've gone low-gluten. For at least two years, I was plagued with gas, bloating, lethargy, intestinal and female infections, and I was in the doc's office it seemed like every

three months. It took me a while to try her suggestion to go low-gluten/gluten-free, but I got permanent relief in - no joke - 48 hours or less. Who knew I had a gluten sensitivity? Oh yeah - my doctor. So I cut out all gluten for a month (it's a lot easier than it sounds), but I had my fair share of bread and desserts during my week-long trip in Europe. Got back on my low-gluten/gluten-free regimen when I returned, and got back to this book, which is a great guide with lots of simple, easy food/recipe suggestions.

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