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The *only* portable reference
that counts *everything*:

- Protein
- Calories
- Carbohydrates
- Fiber
- Saturated Fat
- Monosaturated Fat
- Omega Fats



New York Times Bestselling Authors
**MICHAEL R. EADES, M.D.
AND MARY DAN EADES, M.D.**

The Protein Power Lifeplan

Michael R. Eades, Mary Dan Eades

The Protein Power Lifeplan:

The Protein Power Lifeplan Michael R. Eades, Mary Dan Eades, 2000-01-01 Introduces a lifestyle program that includes motivational advice, recipes, health tips, and nutritional guidelines to assist in treating major health problems including diabetes, obesity, hypertension, and heart disease

The Protein Power Lifeplan Gram Counter Michael R. Eades, Mary Dan Eades, 2000-01-15 Organized alphabetically by food category for easy reference, this resource contains more than 6,500 food entries and gram counts for protein, carbohydrates, omega fatty acids, fat, and fiber. It also lists the richest sources of carbohydrates, magnesium, and antioxidants, and presents a formula for finding the Essential Carbohydrate Count, the key to Protein Power

Degenerative Diseases of Ageing Vincent Ichebu, 2006 The capacity to enjoy life well into your old age is sometimes denied by all kinds of degenerative diseases. Regrettably, the information you need to enable you to prevent these diseases is found in hundreds of scientific papers that are not easily accessible to the general public. The result is that most people suffer from these diseases and die prematurely while knowledge of how to prevent or cure their condition already exists. For the first time, the work of many world scientists concerned with the causes and preventions of degenerative diseases of ageing have been put together in a single book, and I hope you will find it useful in your quest for good health and an increased life span

Living the Low Carb Life Jonny Bowden, 2004 This comprehensive guide cuts through the confusion showing dieters how to choose and customize an effective low carb plan for their own metabolisms and lifestyles

Staying Power Michael R. Eades, M.D., Mary Dan Eades, 2008-04-21 The ultimate 365 day lifestyle plan. You've done the diet. Now find out how to maintain your optimal weight and health for life. With their 4 million copy bestseller Protein Power, the Eades were among the first to bring you news of the low carb revolution. Now with this groundbreaking new book, they offer you a total step-by-step program for making the new you a lifelong success story. If you've achieved or nearly achieved your weight loss and health goals following the Eades plan or any other low carb diet plan, Staying Power supplies you with everything you need to take the big leap from low carb dieting to a satisfying lifestyle. Staying Power arms you with a gold mine of clinically proven tools and strategies, including a transition to maintenance program that helps you make the transition from dieting to maintaining, including two weeks of transitional meal plans, a month's worth of delicious maintenance meal plans, The 7 Day Low Carb Boot Camp for when you've slipped or plateaued, almost sixty pages of answers to all your low carb questions, indispensable advice on how to stick to your low carb plan during holidays and special events at restaurants and while traveling, a 365 day fill-in planner including tips, motivational quotes, and other valuable resources, insights, advice, and inspiration from people who've made the transition to a low carb lifestyle. And more

Healing with Vitamins Editors of Rodale Health Books, 2009-03-17 Vitamins and minerals are the very essence of human existence. Getting enough of these essential nutrients could be one's best insurance against illness. What's more, a large and growing body of nutrition research suggests that in therapeutic dosages, certain vitamins and minerals may slow and perhaps reverse the

disease process The trick is getting the right nutrients in the right amounts too little won't have any effect and too much could do more harm than good Healing with Vitamins offers complete nutrient prescriptions for 90 common health concerns including allergies depression high blood pressure high cholesterol insomnia and migraines It also includes important information on controversial supplements such as beta carotene and vitamin E helpful guidelines for choosing the most effective supplements the lowdown on medications that can deplete key vitamins and minerals condition specific food remedies that can support the healing process in depth instructions for using supplements safely Every recommendation draws on the very latest findings from the front lines of nutrition science plus the knowledge and insight of preeminent physicians dietitians and nutrition experts Healing with Vitamins cuts through the overwhelming choices of supplements and tells readers what to take in what amount and how for optimal therapeutic benefit

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

Sound Bites - the Best of the Low-Carb Lifestyle

Marilee Berry,2005-10 Are you Curious about low carb eating but not sure which program to try Eager to understand the science behind the plans to be able to tailor a plan that's just right for you Looking for recipes that don't call for a lot of odd ingredients or special gourmet skills How about some money saving tips and inspiration from someone who's been there If you said yes then Sound Bites is for you Written by a woman who's not trying to sell some program with meal replacements or gimmicks Sound Bites is a how to book that demystifies the whole low carb topic and returns the reader to the world of delicious pleasurable healthful eating

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

Encyclopedia of Diet Fads

Marjolijn Bijlefeld,Sharon K. Zoumbaris,2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting

presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

The Low-Carb CookwoRx 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

The Publishers Weekly ,2001 *Oz Garcia's The Healthy High-Tech Body* Oz Garcia,2009-03-17 Do you want to live until you re ninety but always feel like you re twenty Do you want to find out about the most recent breakthroughs in nutrition weightloss disease prevention cognitive enhancement and anti aging Do you want the very best body you ve ever had one that will last you a lifetime Oz Garcia s Look and Feel Fabulous Forever is the first comprehensive guide to the finest health supplements procedures products techniques and technology in the world today Whether you re looking for remedies to boost your energy level reliable sources for nutraceuticals information on the latest European cell treatments secrets to youthful aging or the latest cosmeceuticals for

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