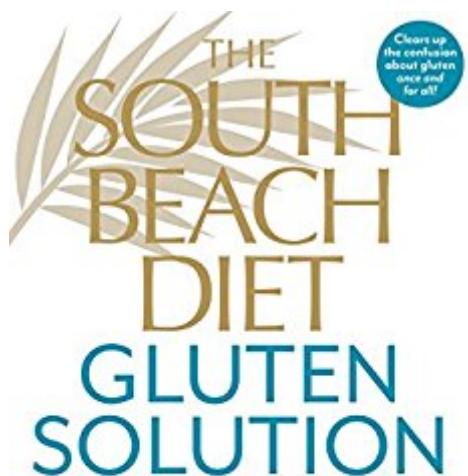


The book was found

The South Beach Diet Gluten Solution:Â 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 gluten-free 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

File Size: 1289 KB

Print Length: 272 pages

Publisher: Rodale; 1 edition (April 15, 2014)

Publication Date: April 15, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00AFULEO6

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #196,469 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #42 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Gluten Free #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free

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.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! by Arthur Agatston (April 2 2013) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) South Beach Diet: South Beach Diet Book

for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition)

[Dmca](#)