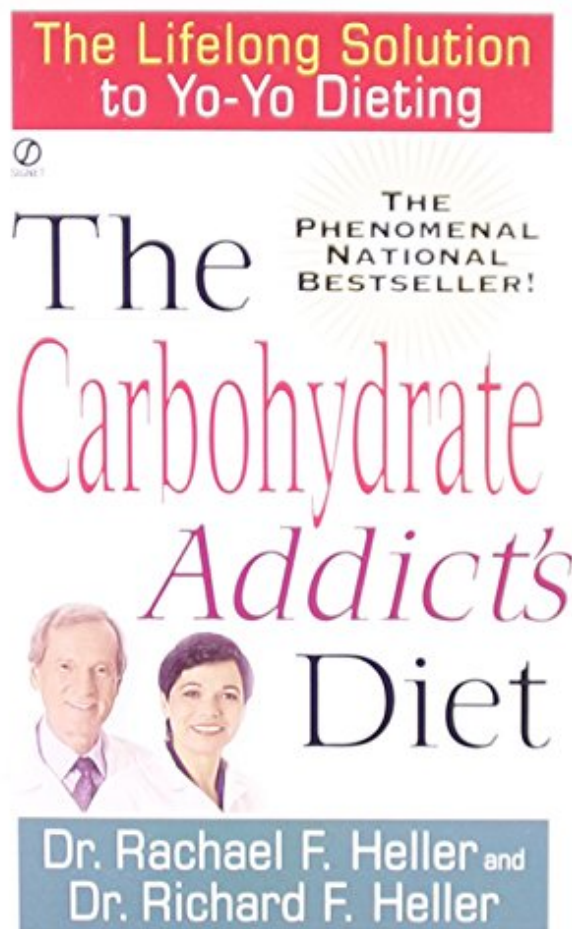


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(SIGNET) BY DR. RACHAEL F. HELLER, DR.  
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If you've been a yo-yo dieter for years or if you can eat a pound of pasta at one sitting, this book may very well be an eye opener. In simple--but never condescending--language, it explains the roots of carbohydrate cravings and teaches you how to normalize your insulin levels to prevent future food binges. Regulated insulin levels in turn help to temper serotonin levels, so food cravings and mood swings are prevented. The authors, both research scientists (one a health psychologist, the other a pathologist), have lost and kept off a total of 200 pounds between them. They've based this book on nearly a decade's worth of research, during which they've helped nearly 80 percent of their patients lose weight and keep it off for at least a year.

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\* 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, restaraunt 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.

- Sales Rank: #40042 in Books
- Brand: Signet
- Published on: 1993-03
- Released on: 1993-03-01
- Original language: English
- Number of items: 1
- Dimensions: 6.88" h x .83" w x 4.13" l, .39 pounds
- Binding: Mass Market Paperback
- 322 pages

## Features

- Great product!

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By Noluthando Crockett-Ntonga

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12 of 12 people found the following review helpful.

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By Diane Myer

Absolutely changed my

Whole outlook on eating. I never imagined I could eat health, only limit carbs for two meals a day. And, then

eat the cake , the ice cream or the fudge every day at the reward meal.

12 of 12 people found the following review helpful.

WISH I HAD HEARD OF THIS YEARS AGO

By Mimi

I am so relieved that my cravings can be controlled. Just a warning- you CAN overeat on this diet (and gain weight) if you eat beyond what you really feel you need. The thing is, for the first time, I can actually feel when I don't NEED any more to eat. Amazing.

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