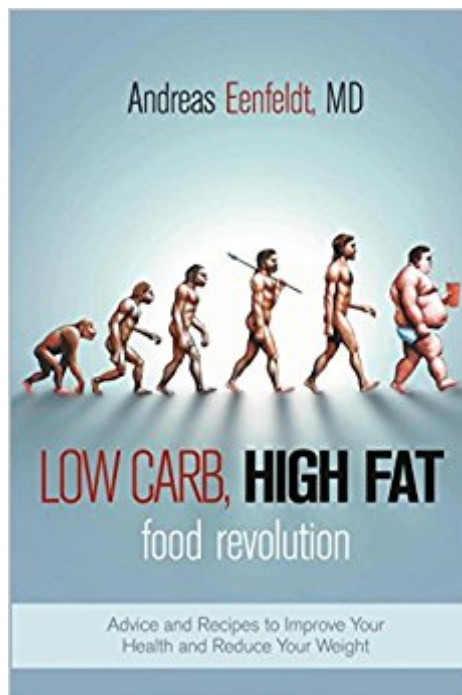




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Low Carb, High Fat Food Revolution: Advice And Recipes To Improve Your Health And Reduce Your Weight



Synopsis

You hear miraculous stories in the news all the time—a man loses 370 pounds, another is able to return ten of his twelve medications at the pharmacy, and an epileptic child suddenly stops having seizures—each experiences a miraculous change in health, all from simply changing his or her diet. Fascinatingly, these stories all have one thing in common; the subjects started eating the opposite of what they had previously been told was healthy. The dietary guidelines they had learned growing up had failed them. Medical science has long turned a blind eye to such stories. But now the tide is changing, as more and more major studies are being conducted on what the body truly needs to survive—and the findings are alarming. The belief in eating less fat and less saturated fat is mistaken. Inadvertently, this advice may be the biggest reason behind the obesity and diabetes epidemic. It's time to take a stand; it's time for real food again! In *Low Carb, High Fat Food Revolution*, Dr. Andreas Eenfeldt takes the offensive by exploring the severe systematic failures on which many of today's dietary guidelines are based. For Eenfeldt's patients, the solution has been a low-carb, high-fat diet that allows you to eat your fill—and still lose weight. The book concludes with a guide section full of tips and recipes—everything you need to start your own food revolution.

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Customer Reviews

Andreas Eenfeldt, MD, is a Swedish medical doctor specializing in family medicine. He's primarily interested in how food and lifestyle can improve a patient's health and reduce their

medication needs. He also runs one of the largest health blogs in Sweden, dietdoctor.com, and is a frequent lecturer for the public and for health professionals. For his blog, he reports daily about the latest health research, often from international conferences. Eenfeldt's goal is to spread the word about outdated nutritional information and to push for a food revolution. He resides in Karlstad, Sweden.

PROs- Succinct description of food plan, good scientific explanation of this approach *****CONS- Publisher did hack job in translation and preparation for publication **I was finally able to figure out how to eat low-carb with regular real food after reading Dr. Eenfeldt's English blog. I was thin until thyroid problems hit with pregnancy, and have strived for many years to figure out an eating plan that worked for me. Low-Carb always made sense, but I could never get it to work, but for me, this one does! My ongoing weight loss is slow but consistent (others get faster results, but I keep myself sane by including small amounts of my favorite sourdough bread). I have never felt confident about buying clothes that I like that are a little too small until now. (Just last week I realized that my jeans had become too baggy and that I needed to donate them and put on the smaller jeans I had previously bought.) This is not the only book out there about LCHF, several other books cover the same territory, but because this book has some useful features, it is nice that this book is finally available in English. Unlike other diet books which take pages and pages to simply explain the diet, the basic diet takes only 3 pages to explain. I really appreciate that he explains the principles of the eating plan simply and straightforwardly. But additional very helpful details, example menus, a handful of useful recipes (some may want more), questions, practical food suggestions, restaurant strategies, and so forth are explained in the rest of the Guide (Part III) so are very worth reading, only 55 pages total. It includes yummy real foods which I had been denying myself (such as avocados, nuts, cheese, and charcuterie) as well as specific vegetables and fruits which are naturally low-carb, rather than relying on powders, bars, shakes, artificial sweeteners, faux recipes, and allegedly "low-carb" manufactured foods. For me, the challenge with low-carb adequate protein eating was wrapping my head around the need for higher amounts of fat that you eat instead of carbs. In the past there have been so many people pushing all sorts of fake foods and strange recipes (Dr. A for one), that were unappealing and big fails when I tried them. Couldn't I just eat more protein rather than all that fat? (As a casualty of the low-fat wars who was unaware of the benefits of the right fats, and who at one point ate no more than 5g of fat a day, I still thought fat should be avoided.) Finally reading a year ago (before this book was available in English) on Dr. Eenfeldt's blog about how excess protein is converted to blood sugar, so you don't want to eat more

than a certain amount, made me understand why low carb diets have to replace those carbs with beneficial fats, as well as just enough protein. I have found that if my weight loss stalls, to make sure I'm eating enough fat, and then it resumes. Daily experience with tracking my consumption on this diet has taught me that carbs make me hungry, while smaller amounts of fat do not -- this, plus adequate protein is what makes this diet work for me. (Recently it has dawned on me that this is how I ate when I was a skinny teenager and young woman, until I decided to "improve" my health by going low-fat.) Parts I and II cover the history of various approaches to dieting, and provide scientific grounding into how low-carb high-fat (LCHF) diets work, territory that is covered by many other books out there as well, so depending on how much you've been reading, it may or may not be new to you. It comprises most of the book and is very readable with explanations that make a lot of sense (though some may find it repetitious). It explains how the hormonal effects of low-carb eating help weight loss, and why you want to get your insulin levels low and how higher insulin makes you fat. It is interesting that this kind of diet is how diabetes was treated before insulin was available as a medication, for example. And then there are numerous beneficial effects of specific kinds of fats for the metabolism and the brain, which I was unaware of. For anyone wondering "isn't this unhealthy?", my blood lipids are great, with off-the-chart high HDLs (good), and my doctor says "just keep doing what you're doing" (my lucky genes help). After the Guide (part III), there are resources for finding out more, and extensive references. There are numerous examples of people with not only weight loss, but also improvements in other health issues like diabetes, fatty liver, acne, seizures, etc. on his blog, which you can find by searching the web for "weight-loss-stories DietDoctor". It is worth exploring the other topics on his DietDoctor blog as well, because there he does discuss additional useful topics and resources which are not in the book. Unfortunately, the publisher did a really poor job preparing this book for publication. While the translation itself reads smoothly, there are glitches (they talk about gorging on "crayfish tails", but I think they meant "lobster tails"). But there are some more severe problems. Measurement units were mostly not converted, so some discussion is less meaningful to US readers (to convert blood glucose numbers to those used in the US, multiply by 18). Also many of the medications mentioned have different names in different countries, those should have been added as well. Every time a URL is given, it is to his Swedish site, when instead it should be to his corresponding English site DietDoctor. And the page numbers are wrong in the index, sometimes only 2 pages off, but I have found some that are over 20 pages off. This makes it hard to find a specific topic you want to recheck. Finally, there are no footnotes and few citations in the text, so that if you want to track down more about some topic he discussed at a certain point, you don't know which of the many references at the back are the

ones to refer to. It seems like the editorial and production departments were not paying attention, diminishing the usability of this thorough work, too bad (hence 4 stars rather than 5). In spite of publisher glitches, I strongly recommend considering this life changing (for me) book, as well as investigating his DietDoctor website. There are many other books which cover low-carb high-fat dieting, but several rely on fake food like artificial sweeteners or protein powder, or odd recipes. It was a relief when I encountered his approach because it is so much easier to just utilize tasty real food that is already out there.

Now off all diabetes meds and half of the hypertension meds and lost 75 pounds in 18 months because I followed Dr. Eenfeldt's advice on dietdoctor dot com. This book pulls it all together in one place and backs it up with the science where available. He makes it clear that you need to tailor your diet to your needs rather than giving a one-size-fits-all prescription. Provides suggestions for how to reduce carbs and suggestions for meal plans. I highly recommend this book.

I heard about the low carb high fat diet a couple years ago and I thought it was crazy stuff. After reviewing the science behind this I understand why our health as a species has been severely damaged by bad advice from inappropriate information. I believe that anyone can do it. If I can give one piece of advice, it would be to eliminate most foods that come in a box or a container - eat real food. The book is very well written, and I'm very happy this information is out in English now.

The LCHF approach works! I have lost over 100 pounds so far, and am continuing to refine my approach to healthy eating. I'm looking forward to implementing the author's practical advice found in the last couple of chapters. The book was well-written and an easy read.

I discovered Andreas via the dietdoctor website. What an amazing idea that fat is not the problem but what we need more of it in our diet. I have seen my markers improve so much over the last year with this way of life. I lost a lot of weight with a point counting program then had to be put on BP meds and my triglycerides were well over 200 all at 30 years old. Now a year later my BP is perfect without meds and My triglycerides are below 150. The book is a great in depth intro and you can watch many of his talks on youtube to learn more. Everyone is looking for the answer and I now know that it is no more fake food. Also the best advice I can give anyone is BUTTER should only have 2 things that make it up....Cream and salt....that is it!!! I was always getting sick before and now I can go the whole cold and flu season without getting sick. Change is coming and this will one

day not be so taboo. It may sound crazy but do some research online and you will be amazed. It is not all about the weightloss I promise! Thin or heavy we are all so sick and we don't even realize it anymore because its what we have become use to.

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