The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss, #9780312315214 #Macmillan, 2005 #310 pages #2005 #Arthur Agatston

The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss flew off shelves in 2003 when it was first published. Dr. Agatston noticed that patients on the Atkins diet were losing weight and abdominal fat. Being a cardiologist, he was concerned by the amount of saturated fat on Atkins, so he developed his own high-protein, low-carb diet that is lower in saturated fat. Since that time, the book has gone through several variations and changes, but the core of the eating plan has stayed the same. The South Beach Diet is a low-carb, high-protein and low-fat diet.

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon because it works. The South Beach Diet teaches you to rely on the right carbs and the right fats—the good ones—and enables you to live quite happily without the bad carbs and bad fats. As a result, you’re going to get healthy and lose weight somewhere between 8 and 13 pounds in the next 2 weeks alone. Here’s how you’ll do it. Nothing undermines a weight-loss plan more than the distressing sensation that you need more food. No sane eating program expects you to go through life feeling discomfort. The South Beach Diet isn’t complicated, and it doesn’t require that you go hungry. You’ll enjoy normal-size helpings of meat, poultry, and fish. You’ll also eat eggs, cheese, nuts, and vegetables. Today I feel healthier and I see that over time I’ll be able to reach my weight loss goal. It provides scientific explanations of how our bodies process foods, which is very helpful when trying to lose weight. I put away all my Weight Watchers tools and forgot about having to count everything I put in my mouth.