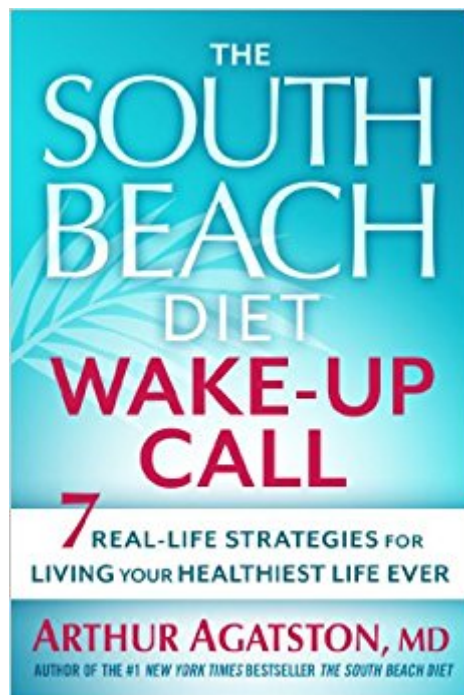




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The South Beach Diet Wake-Up Call: 7 Real-Life Strategies For Living Your Healthiest Life Ever



Synopsis

From Arthur Agatston, M.D. the creator of the South Beach Diet comes a call to change the fast-food, sedentary way of life that's aging us quickly and killing us slowly. Both a galvanizing call to action and an easy-to-follow plan for reversing and healing a toxic lifestyle, *The South Beach Wake-Up Call* is the urgent message that no reader can afford to ignore. It includes:- 7 simple sustainable strategies for age-reversing, lifesaving weight loss- The South Beach Gluten Solution to improve symptoms in sensitive individuals- The Wake Up and Move 2-Week Quick-Start exercise plan- 32 all-new recipes from breakfasts to desserts using megafoods

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Customer Reviews

â œDr. Agatston has done it again with an unblinkingly honest assessment of our health combined with insightful action steps to pull the wellness train back on the tracks.â • â • Mehmet Oz, MD, host, The Dr. Oz Show

Arthur Agatston, MD, is a preventive cardiologist, associate professor of medicine and author of the bestselling South Beach Diet series. He lives and practices in Miami Beach.

I am already a fan of the South Beach Diet and Dr Agatston's books, including *The South Beach Diet Supercharged*, because they helped me change my "diet" mentality and "couch potato" existence into an active lifestyle and a 65 lb. weight loss! I appreciate that he makes complicated

subjects understandable and always provides a game plan. I was lucky to obtain an advance copy of *The South Beach Wake-Up Call* and was blown away by Dr. Agatston's ability to wake me up once again! With his new book Dr. Agatston provides a call to action that can truly change the way Americans think about their lifestyle choices and how those choices can impact their health. This is not a "diet" book, although it does re-state many of the South Beach Diet principles. It is a book that challenges the trade-off that many Americans have accepted: Our fast-food, sedentary way of life has contributed to two-thirds of American adults being overweight or obese and childhood obesity tripling in recent years. This is not a small problem considering the link between obesity and diabetes and other life-threatening diseases. The impact that these epidemics will have on our health-care system is enormous. Already our children are developing health problems not normally seen until individuals are in their 50s. That is scary stuff! Now don't panic, it is not all bad news. Dr. Agatston provides 7 major strategies to help us remold our lives for the better (and it doesn't all have to be all at once). For example, there is a chapter that talks about sitting down to home-cooked meals and enjoying food and family. We just started this last Sunday, when I made breakfast for everyone at home. We ended up sitting at the table for hours munching on my homemade waffles (from *The South Beach Quick & Easy Cookbook*) and eating our turkey bacon and fresh fruit! If you had asked me beforehand whether I had the time to do this, I probably would have said "No." But after being reminded of the benefits of the family dining table, we've decided to have these gatherings every week. We even have a "no paper zone" dining table declared so we always have our table ready. I had to laugh when I saw the strategy on de-cluttering your home. I have wanted to do this for years and have never been successful! Now I feel my family has the tools to get started. Dr. Agatston's chapter reminded me of how much energy is put into dealing with the clutter and how it can create a toxic environment in your life. We started to walk around, as a family, and take notes of what needs to be done. The plan is to tackle just one room every week. The nice thing about this is I can get out of being the "bad" guy because now it is Dr. Agatston who is saying: "clean up this mess." And as he also says, outward clutter is often a symptom of inner clutter, or emotional turmoil, and that is often what is preventing us from moving forward in so many aspects of our lives! While I already have many of the South Beach cookbooks, this one takes known superfoods and creates new recipes that give you a "one-two" punch for your money. What a fun and smart idea. *The South Beach Wake Up Call* is definitely a marvelous read, sprinkled with interviews from leading experts in areas like childhood obesity and sleep, and with successful dieters, Super Moms, and patients of Dr. Agatston's cardiology practice. The book helps us to understand the history of how we got into such a sorry state with our health and how we can change it. Perhaps the book's greatest

contribution, however, is that it acts as a catalyst for bringing this important wake-up discussion forward with our families, our politicians, and our communities.

This book is a breath of fresh air. There are plenty of lose weight fast schemes, but no one mentions changing one's lifestyle. In our culture, it is always the quick fix that sells. I have lived in another country where people ate well but we're also active. I rarely ever saw an obese person. They regularly consumed sweet snacks and thick sauces in moderation. They didn't sit in front of the TV. They made time for physical activities. They didn't sit a lot. Dr. Agatston explains how our lifestyle is making us sick. Then he gives us seven strategies to change our lifestyle for the better. I gave this book five stars, because the book is well-written, resourceful, and true. Like his other books, this one gives the reader practical information about how to become healthier. He includes recipes and resources to make the changes that each individual and or family needs to make to become healthier, not just to lose weight. Most of us were not meant to survive on pharmaceutical products and their side effects. Preventive care is key, but some conditions can be reversed. And we get to eat! Be the first to adopt a healthy lifestyle. Be a leader. Read this book. Read it!

The South Beach Wake-Up Call by Arthur Agatston, M.D., is exactly what the title says: It is a Wake-Up Call. It tells why the eating and exercise patterns of many Americans are detrimental to the health of many, if not, most. Notice that the title does not include the word, "Diet." This is important to understanding what the book is about. What this book is not is as important as what it is. It is not the original South Beach Diet book. This Wake-Up Call contains info about the South Beach Diet, but if you are wanting to start the South Beach Diet, that original book is probably a better choice. This new book is not a recipe book; if you are wanting recipes for the South Beach Diet, select a cookbook from among the several South Beach Diet Cookbooks previously published even though this book contains a surprising number of recipes. This book is a Wake-Up call to all of us to improve our health and our lives by eating better and by exercising more. It outlines how we have gotten so far off track from how we ate on the farm of my youth when sugar was scarce and trips to town were once a week events. In this book this information is provided in an understandable fashion with examples and anecdotes providing color and human interest. There are lots of references for those who wish to dig deeper. Changes I, personally, will make from reading this book: increase my consumption of dark green leafy vegetables and exercise more - building up my exercise gradually adding a few more minutes as my body accepts it and adding another day or two each week, as my body tolerates it. So far, while on the South Beach Diet, I have lost 50 lbs. I see

from the South Beach Wake-Up Call that I can be healthier and more fit by making additional incremental changes. Anything we do toward eating better and moving more is an improvement. The Wake-Up Call includes 7 Strategies for improving our lifestyle. Some of these are usually not included in lifestyle-changing strategies, e.g., Control the Clutter, Control your Mind. This is an area which will improve my life. Another is the previously mentioned, Sleep Better - Live Longer. Other strategies deal with food and exercise, meal planning, and the importance of sharing family time at meals. This is a Wake-Up Call I needed to read. Following its recommendations will help me improve my health and my wellbeing. It can do the same for you.

Interesting book, but if we r honest we all no why we r obese!

Such a forward and logical approach to eating. Once you understand the impact what you put in your mouth affects your body, it all makes sense!! I started on South Beach in mid August and have lost 52 pounds. My b/p is running 110/70 without meds (had to come off of them) Sugar went from 120-130 range to 84!! I feel awesome! I go thru the bakery deli and never look twice. I know what withdrawal I will go thru if I indulge and it's just not worth it to me. This book is the bible of teaching you about cravings, why we have them and how to overcome them. Worth it's weight in gold!

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