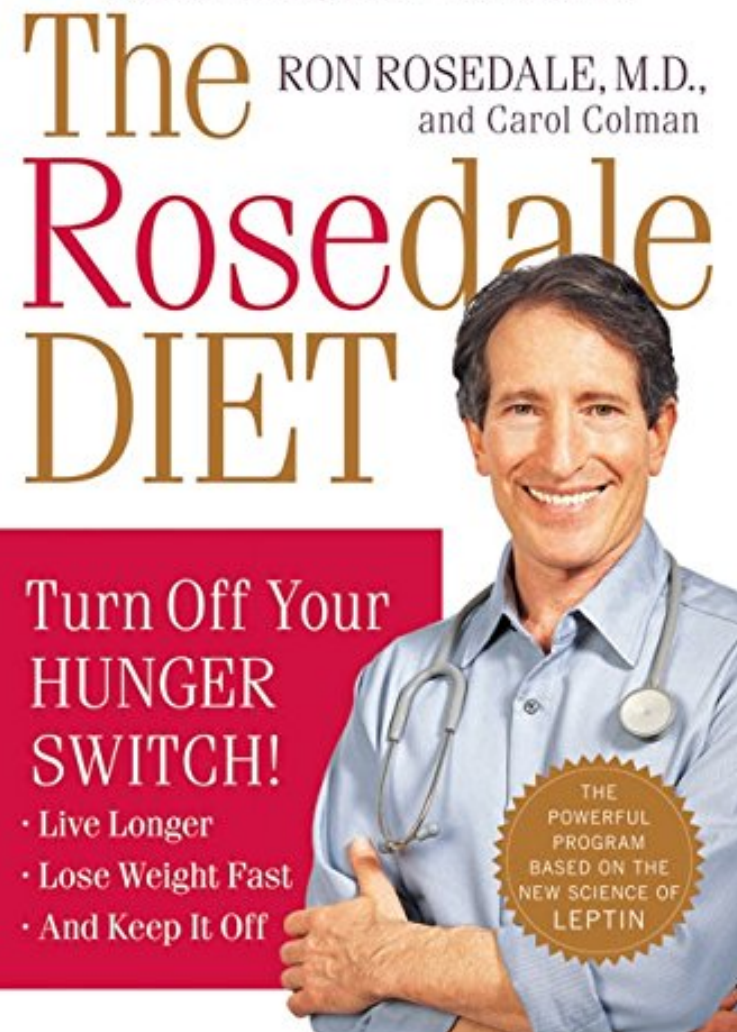


The Rosedale Diet

Ron, M.D. Rosedale, Carol Colman
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"I believe Dr. Rosedale's method will positively shape our ultimate understanding of what constitutes healthy nutrition." —Eric C. Westman, M.D.



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#114859 in Books Ron Rosedale 2005-09-06 2005-09-06Original language:EnglishPDF # 1 8.00 x .76 x 5.311, .56 #File Name: 006056573X336 pagesThe Rosedale Diet Turn off Your Hunger Switch | File size: 52.Mb

Ron, M.D. Rosedale, Carol Colman : The Rosedale Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Rosedale Diet:

2 of 2 people found the following review helpful. For Primal/Paleo Enthusiasts, An Excellent ReadBy Montana JackSome eye-opening information on several dietary myths in the book. Dr. Rosedale's publication brings to light the long term health issues associated with the popular high protein diets and provides some solid recommendations on how to balance out your meals with the right amounts of fat, protein and carbohydrate. While there are some

statements in the book about addressing heart disease, etc., I couldn't find anything in the publication nor on the web that validate his claims. If you're into Paleo or Primal, this book would be highly recommended as this is not written from a popular author's perspective, but, is instead based on the work of a doctor and scientist. 8 of 8 people found the following review helpful. the real deal By Stardancer This book is the real thing. I have lost 12 lbs in three weeks and I'm a 62 year old woman who hasn't been able to lose anything in years. I'm not hungry and haven't been throughout most of the three weeks. I don't have much energy yet but believe that I will soon have. I'm committed...for life! 1 of 1 people found the following review helpful. My Second Bible... By Mark Tahiliani Simply an amazing book highly recommended if your a Type 2 Diabetic. You will learn that injecting insulin is poison for a Type 2 Diabetic. Dr. Rosedale is an amazing doctor I am insulin free after 3 weeks on his plan. He will teach you that for Type 2 diabetics that diabetes is not a disease of blood sugar but a disease of too much insulin aka insulin resistance which occurs when the cells are constantly exposed to high levels of insulin. When you become insulin resistant your cells are making enough insulin but they do not use it effectively. You will also learn about leptin resistance too.

Finally—the ultimate diet for fast, safe weight loss, lifelong health, and longer life, based on more than twenty years of research and the latest findings on appetite and weight. Metabolic specialist Ron Rosedale, M.D., has designed the Rosedale Diet to regulate the powerful hormone leptin, which controls appetite and weight loss by telling the brain when to eat, how much to eat—and when to stop. New research shows that leptin may be one of the body's most important hunger control mechanisms. Control leptin, and you control your weight. Most people's leptin levels are out of control, causing them to overeat and to store fat rather than burn it. The only way to flip the "hunger switch" back to normal is through a diet high in healthy fats and low in carbohydrates, saturated fat, and trans-fatty acids often found in processed food—plus just 15 minutes of daily exercise. Dr. Rosedale's 21-day diet plan is simple: Just select from the many foods on his "A" list, including "healthy-fat" foods such as avocados, nuts, olives, lobster, crab, shrimp, goat cheese, Cornish game hen, venison, and more. Then gradually add foods from the "B" list, such as steak, lamb chops, fruits, beans, and so on. A 28-day menu plan and more than 100 recipes, such as Dilled Salmon and Fresh Asparagus, Gingery Chicken Soup, Lasagna, Black Bean Wrap, Raspberry Mousse Cake, and French Silk Pie, make eating the Rosedale way deliciously easy. Weight loss is just the beginning. The Rosedale Diet will make you feel satisfied, reduce cravings, and put you in control of your "sweet tooth." It can even help eliminate or reduce heart disease, hypertension, diabetes, and other conditions associated with "natural" aging, as many of Dr. Rosedale's patients can attest. You'll find inspiring stories from them—and the power to control your weight and improve your health—in this groundbreaking book.

From Publishers Weekly As more Americans become obese and are diagnosed with diabetes in record numbers, they continue to seek out new sources of healthy living advice and dieting tips. Those frustrated with South Beach, Atkins and the Zone may find a friend in the Rosedale Diet. Its founder, a nutrition and metabolism expert with a practice in Denver, has developed a diet plan that teaches people how to control leptin, the key hormone that regulates appetite and, say Rosedale and coauthor Colman, your ability to lose weight. They present their plan in two parts, first explaining the concept, and then providing advice for putting it into action. The Rosedale Diet encourages consumption of high-fat foods (good fats, of course—and they're to be eaten unaccompanied by sugar-forming foods), and doesn't insist that people count calories. Rosedale recommends supplements, too, asking readers to take 2,000 milligrams of glutamine before going to bed at night, and suggesting pregnenolone and phosphatidylserine for some. Even if readers aren't ready to plunge full-force into the Rosedale Diet, they'll benefit from such recipes as Dilled Salmon with Fresh Asparagus; Lobster Tails and Seaweed Salad; and Grilled Beef Fillet with Bell Pepper and Mashed Rutabagas. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "I believe that [Dr. Rosedale's] method will positively shape our ultimate understanding of what constitutes healthy nutrition." (Eric C. Westman, M.D., M.H. Sc., Associate Professor, Department of Medicine, Duke University) "The Rosedale Diet is a must-read for anyone interested in health." (Dr. Joseph Mercola) "Those frustrated with South Beach, Atkins, and the Zone may find a friend in the Rosedale Diet." (Publishers Weekly) About the Author Ron Rosedale, M.D., is an internationally renowned expert in nutritional and metabolic medicine and an anti-aging specialist. He is founder of the Rosedale Center in Denver, Colorado; cofounder of the Colorado Center for Metabolic Medicine in Boulder, Colorado; and founder of the Carolina Center of Metabolic Medicine in Asheville, North Carolina. Dr. Rosedale has helped thousands suffering from so-called incurable diseases to regain their health. As a keynote speaker, he has appeared before such prestigious groups as the Eighth Congressional International Medical Conference on Molecular Medicine, the First European Conference on Longevity Medicine and Quality of Life, and many more. He has been a guest on numerous national radio and television news shows. He lives in Denver, Colorado. Carol Colman has coauthored many best-selling books on health and medicine, including Curves: Permanent Results Without Permanent Dieting, The Melatonin Miracle, Shed 10 Years in 10 Weeks, Body Rx, and more. She lives in Larchmont, New York.