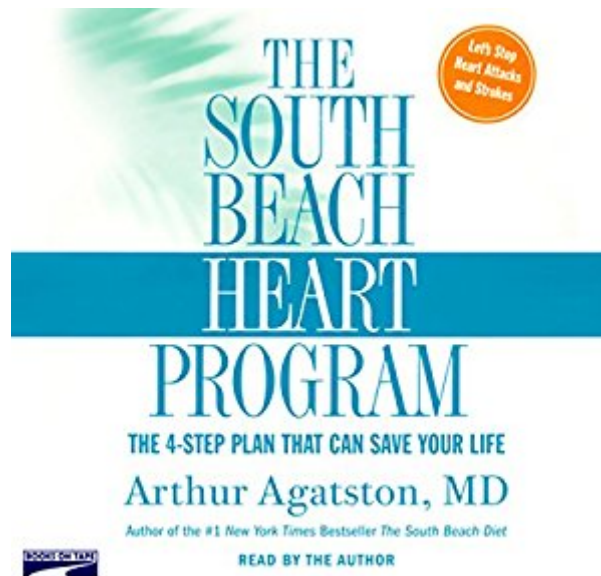




Ebook Directory
the best source of ebook

The book was found

The South Beach Heart Program: The Four-Step Plan That Can Save Your Life



Synopsis

This year more than 1 million Americans will have a heart attack or stroke, making heart disease the leading cause of death in men and women in this country. But thanks to his aggressive prevention approach to treating heart disease, renowned cardiologist Dr. Arthur Agatston, creator of the Agatston Score for measuring coronary calcium, rarely sees a heart attack or stroke in his practice. Now in his most passionate book yet, Dr. Agatston champions a revolution in cardiac care that will empower people to save their own lives. Just as millions of people have successfully adopted Dr. Agatston's South Beach Diet, now millions can lead longer and healthier lives thanks to his South Beach Heart Program. Living without heart disease is clearly within our reach. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 9 hours and 41 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Books on Tape

Audible.com Release Date: December 12, 2006

Language: English

ASIN: B000M9BKE4

Best Sellers Rank: #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #514 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #585 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

I went on the South Beach diet in January. At my semi annual cholesterol physical in May I had dropped my cholesterol 40 points, I lost 20 pounds, lowered my triglycerides to 92 increased my good cholesterol, from 49 to 54, and decrease my total ratio from 5.2 to 2.6. In this book, Dr. Agatston explains how this all happened. In my opinion, this book could make you much healthier by helping you to realize exactly what's happening with your heart and could possibly save your life! Love this book -love the South Beach diet!!! Thank you Dr. Agatston!

This book changed my life! Being on the north side of 60, I had accumulated many bad eating habits and with a family history of heart disease I knew I was living with a short fuse. After reading

"The South Beach Heart Program" I've lose nearly 20 pounds (and never remember really being hungry) and my blood work hasn't looked this good in about 30 years. Thank you Dr. Agatston.

If you have a health problem, particularly your heart, you have got to read this book. Turn back time if you make the commitment and follow through. You can be a healthier you. You can live healthy and be healthy without starving yourself or being on some ultra regimented diet/exercise program. Down to earth, realistic and doable.

Filled with much needed information on how we can be in charge of our own health and take the necessary steps to insure good heart health. Wish more people would read this as some of the population needs to start making healthier choices in how they eat and exercise. Who wants to fear having a heart attack when we take measures to prevent them. Dr. Agatston states that heart attacks can be avoided. Need more to read what he has to say.

I have the first South Beach book and it's good, but since I'm older now I was curious as to the difference in the original book and this one. This book is great! He explains the science behind the diet and the more I read the more I wanted to read. I highly recommend this book, especially if you have heart concerns due to a medical condition or just aging and you want to learn more about protecting your heart to live longer and feel better while you're here.

I am a Registered Nurse and believe that this book WILL save lives if people will use his program. I brought my total cholesterol down 80 points in just 3 months-in my case, using old-fashioned oatmeal and 2 tbsp. milled flaxseed EVERY morning for breakfast and THEN following the South Beach Diet for the rest of the day. (I cannot go almost completely without carbs, it doesn't work for me.) My HDLs (good) are OVER 85 and my LDLs (bad) are less than 120. Triglycerides were great, at less than 100. My doctor was so shocked, he searched my records to make sure he had not prescribed a statin medication! I hope this is not too technical and helps you.

I bought this book a month or so ago. No book (even the South Beach Diet book) has had more impact on my life, than this one. First, it made me stop and think of the abuse I have been inflicting on my body for so many years. Second, scared me into doing something about it. Thus I have been diligent following both the South Beach Diet, and starting an exercise plan I can follow and live with. The book is almost like a textbook, but with language anyone can follow. There are a wide variety of

tests we need to have run to know where we stand with heart disease, diabetes, etc. And Dr. Agatston spells it all out for the lay person to understand and accomplish. This is a book that everyone who cares about living to a ripe old age should read. And you should wait till you're 50 to read it. Buy it now!! Truly, this 4-Step Plan may save your life.

If you read the South Beach Diet you will absolutely love this book. While it touches on some of the principles of the diet, it has much more to offer. The writing style is easy to follow and very informative and the book is loaded with practical information. If you are concerned about your heart health, this book is a must read. The book has motivated me to speak to my doctor and medication and other treatments, to exercise more and eat better and healthier foods. The author is very inspiring to read as he was in the South Beach Diet as well. Dr. Agatston seems very well informed, educated and highly experienced in heart health matters. This book has excellent medical advice and lifestyle recommendations that can be easily attained by all. Read this book and you too may live a longer and more productive, healthier and happier life.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South Beach Diet) The South Beach Heart Program: The Four-Step Plan that Can Save Your Life The South Beach Diet Plan - Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) South Beach Diet: The South Beach Diet Plan For Beginners: South Beach Diet Cookbook South Beach Diet: The South Beach Diet Guide for Beginners With Complete Meal Plan & Delicious Recipes to Get Healthy and Lose Weight Fast (South Beach Diet Series) (Volume 1) South Beach Diet: The South Beach Diet Guide for Beginners With Complete Meal Plan & Delicious Recipes to Get Healthy and Lose Weight Fast (South Beach Diet Series Book 1) South Beach Diet: The South Beach Diet Plan For Beginners:: South Beach Diet Cookbook With 70 Recipes South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet South Beach Diet: Lose

Weight and Get Healthy the South Beach Way (South Beach Diet, Weight Watchers, Mediterranean Diet) South Beach Diet: Beginners Guide to the South Beach Diet – How to Effectively Lose Weight, Feel Great and Healthy with the South Beach Diet: Including quick and easy recipes (1) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 1) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet) La Dieta South Beach: El delicioso plan diseñado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) South Beach Diet Guía para principiantes y libro de cocina: El plan de dieta infalible para finalmente perder peso que no puede y no fallar (South Beach Diet - Spanish Edition) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)