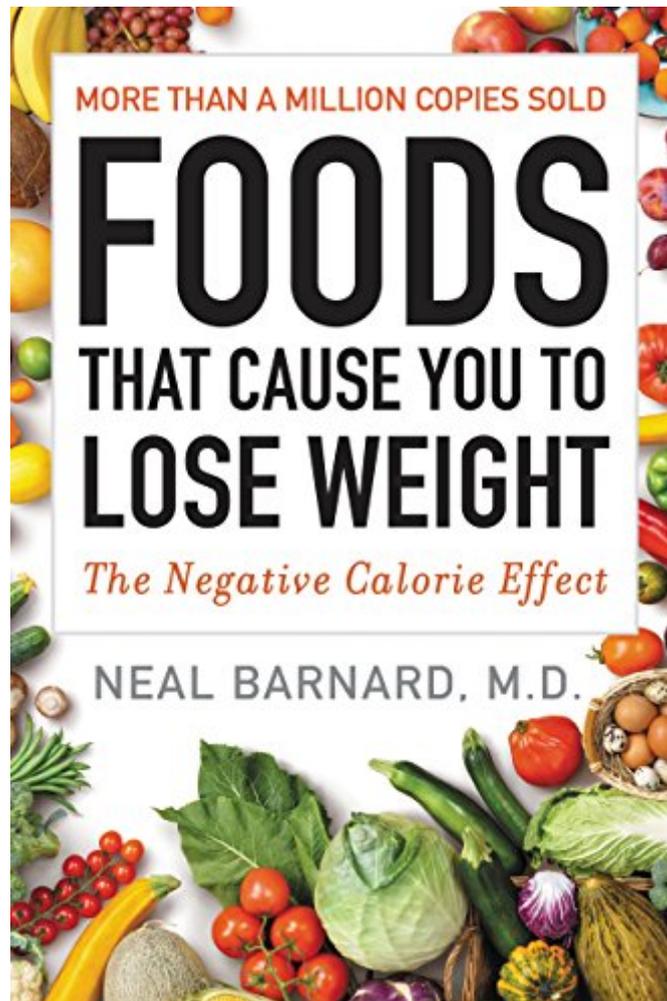


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# Foods That Cause You To Lose Weight: The Negative Calorie Effect



## Synopsis

No more counting caloriesâdiscover the foods that take the weight off and keep it off with this revolutionary plan. Did you know that certain foods have an incredible negative calorie effect that actually melts fat? This revolutionary approach, outlined by Neal Barnard, M.D., and proven effective by thousands of men and women who have tried it, can bring about the permanent weight control every diet promises but seldom delivers. Find out how, by following the negative calorie plan, you can: Boost your metabolic rate Burn calories more effectively Lower dangerous cholesterol levels Enjoy better healthâand protect your heart Eat the delicious foods you loveâin the quantities you want Watch the pounds disappearâwithout stressful dieting or the temptation to binge Dr. Barnard also provides delicious negative calorie recipes that use foods most people already have in their home cupboards. Easy, effective, and satisfying, *Foods That Cause You to Lose Weight* will bring about the permanent weight control every diet promises but seldom delivers.

## Book Information

File Size: 972 KB

Print Length: 355 pages

Page Numbers Source ISBN: 0062570366

Publisher: William Morrow Paperbacks; Reissue edition (July 12, 2016)

Publication Date: July 12, 2016

Sold by: HarperCollins Publishers

Language: English

ASIN: B01FD9W9MY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #51,419 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegan #7 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #136 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

## Customer Reviews

This is a common sense book. It's easy to follow, no measuring, counting calories. No eliminating

bread like some other diets. I love my pasta and my bread. You can eat this all you want. I lost 10 pounds the first week. Basic concept: no meat, no dairy (except skim milk)

I accidently found this book at the local library. In 5 months of following the book's guidelines, I lost 55 lbs!! I've tried just about every diet imaginable and this seems to be the only thing that works. I thought it was going to be a major sacrifice, but when you lose weight this quick, you realize that it really isn't and that it's worth it! Everyone should read this book, even if you're not overweight. You'll look AND feel better!

This book has drastically changed my life. I was suffering from migraine headaches and just by learning about the common trigger foods versus the safe foods helped me for life! I used to have a migraine headache almost every week, but since I have eliminated from my life Chocolate, Dairy products, Red meats COMPLETELY, as well as many more from the common trigger foods, I've lost 20 lbs, took vitamins, and have never, ever felt better! Thanks so much Dr. Barnard. I am a big advocate of this book for anyone who experiences physical pain.

After reading Dr. Barnard's book, I changed my diet to only include the foods that he listed in the book. I lost 10 pounds in my first week alone. I feel great and have so much more energy. I don't even have any cravings for the old junk I was eating. Everytime I go to the grocery store, I take Dr. Barnard's book with me and if I forget whether or not I can buy a kind of food, I open up his book. I would recommend this book to anyone that needs to lose weight.

This is the only diet that has worked for me. I have sent this book to a number of my friends, I weighed 365 when I got the book. I have lost 76 pounds. I lose one pound per week. I am at 289 and shooting for 225. I was morbidly obese. I learned a lot. I scorned spuds - now I eat them every day. I thought fish was a diet food. I no longer eat avocados or peanuts. A Mickey D double cheeseburger costs me 2 pounds each. It puts on a pound and I don't lose a pound that week. Same with BK's Whopper JR. I used to buy a double cheese burger on the way to food shopping -- so I wouldn't be hungry while shopping. I don't do that any more. I am now in the habit of driving straight home after a trip to town and not stopping in for a burger on the way home -- like I used to. I tried all the other diets--and none of them worked. When I go to an all you can eat buffet, I fill up with fruits and vegetables. I am just as full as I used to be eating the non VEGAN food. The first few months on the diet, the VEGAN food would not sustain me for more than about three hours. Now

that I have been a VEGAN for some time, the VEGAN diet sustains me as long as the meat diet used to. I went to my friends Bar

This is really a beginner's guide to becoming a vegan, but it is healthy eating, too. I felt so much better after following the suggestions in this book for a month, and I lost 5 pounds with hardly any effort at all, which at my age (56) is substantial and healthy weight loss. I was never hungry, and I didn't miss eating meat or dairy after the first week.

I was so perplexed by the person below who gave this book only 1 star and implied that complex carbohydrates are bad and that people would "do better on a diet of lean meat", that I looked at her "other reviews". Among those reviews she gave a 5 star designation to a cookbook which she described herself in this way: "food fried in 6 inches of animal fat, lard or similar. TONS of butter, biscuits, gravy..." etc. She gave that book 5 stars. As for me, I may not be able to follow Dr. Barnard and Physicians Committee for Responsible Medicine's diet advice exactly to every letter YET, but I find it a good goal to shoot for, I find the info very useful, people do tell me I look young for my age and I've been eating this sort of diet for 7 years now, and I will definitely take Dr. Barnard's health advice over that reviewer's anytime!

I saw Dr. Bernard talk about this book on t.v. and so i decided to give it a try. I didn't understand it was a Vegan diet until I bought the book, but since it was only for 21 days, I was desperate so I gave it a shot. I lost all the weight I wanted to lose and more in the 21 days, and I felt fantastic so I decided to keep eating Vegan for the majority of my diet. It happened to coincide with menopause, and I sailed through that whole period without needing any other type of drugs or hormone replacement therapy. I said it's not for everyone because my 20 year old daughter tried it with me and she is carb sensitive, and did not lose ANY weight until she cut out the carbs completely. She also stores her weight in her belly. I stopeed eating Vegan, but recently went back and have found out that my rheumatoid arthritis symptoms have lessened.

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