



Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks!

Michael R. Eades , Mary Dan Eades

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An excellent high protein and low carbohydrate diet to help you lose weight and feel fitter than ever.

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From Reader Review Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks! for online ebook

Brad Snedden says

Very useful content about effects of carbs on insulin levels. A scientific approach that breaks it down into an interesting read for any one looking to improve their health.

Kristin says

Pretty standard low-carb book. Lower stars because at the very end of the book the author actually gets to the crux of the matter--agriculturally driven grain based diets--but the menus and food recommendations all encourage the usage of these products in smaller amounts. There is no meaningful discussion about food quality anywhere in the book. And nothing discouraging readers from eating heavily processed foods--so long as those foods are relatively low-carb.

The message is inconsistent and leaves the reader believing the "everything in moderation" myth.

Rich the Diabetic says

This book is a must read for a diabetic. I've been a type 1 diabetic for 42 years, and I learned more about insulin from this book, than from any other book I've ever read. I'm a nutrition geek, and I liked how this book explained all the nitty gritty details of the biochemistry that happen when you eat different foods. It's written in a way that conveys the science, but also adds in humor, to make reading about science more enjoyable. I give this book 5 stars.

Elizabeth says

Read this and lost 140 lbs between 2000 and 2001. Timeless. It works.

Chuck says

Great information for the researcher

This book is a great source of nutritional data for anyone who is trying to understand how the body works. However, as a diet book, you may be disappointed by the lack of step-by-step processes. Also, since the book was written in the 90's some of the information may seem dated.

john leonard says

Very interesting.

If you are thinking about switching your diet to low carb you will want to read this book. It's is to read and has a detailed history of nutrition.

Christine Price says**Change your diet, change your life**

Easy to understand information that is detailed and highly pertinent to the current obesity epidemic. Our carbohydrate-fueled diet and addiction to sugar has caused a myriad of health problems which can be healed by following a low carb diet that includes healthy fats and reasonable amounts of protein. Highly recommended if you want to understand the way your body works down to a cellular level.

Aleisha Zolman says

really liked this book. I am currently on a path to lose 107 pounds and it seems that when you have that much weight to lose anything that works should be considered. I like how this is called an "adequate protein" diet, low carb, not a "high protein" diet because it doesn't bring images of mounds of bacon and high fat meat for every meal. for the most part the diet has been easy to follow for the 10 days I have been following it. the first week I lost 6 lbs. and 2% body fat. I hope to keep it up for the next 20 days and then use their transition phases of adding more carbs in weekly.

Michelle says

Recommended by Robb Wolf in *_The Paleo Solution_* (p. 102) for history of government-backed high-carb, low-fat industry.

Chris says

After consuming this meaty but quick read, I implemented the prescribed style of eating. It has worked for me since 2000. The book's clarity and compellingly complete treatment of the metabolism gave me a fresh (and apparently accurate) perspective. This was my first, and probably last "diet" book. I can't believe this stuff is not taught in high school.

Chris says

The humerus anecdotes help break down otherwise technical science into easily digested knowledge that will help to build a healthy foundation for your lifetime of searching for your perfect diet. This is an old book. Worth the read if your wanting to by pass the Atkins & South Beach diet books. The recommendations for supplements in the back of the book should be researched as by now their are better.

Susan says

Fabulous. It works. And it will change your life, if you want to change.

Gerald Kinro says

The authors make a good case for their dietary program. They explain why of the three basic foods, carbohydrates, protein, and fats, carbohydrates are the bad guy. Bad because they require an increase in insulin for their digestion. The bad guy's associate is insulin, and they explain its role in cholesterol levels, weight gain, fat gain, and diabetes. They say no more than 25 grams of carbs per day during the early intervention stage and 50 grams of carbs a day thereafter.

I enjoyed the read, because I enjoy reading about science and human physiology. They do a good job here. However, they authors attempt to quantify the value of various carbs, using their own system of assigning weight of carbs in food. This allows this book to become easily dated and difficult to follow, for food science, and shopping are dynamic and forever changing. Plus it is impossible to include every food in America. Some of the information has been supplanted by new research. Still a good read about physiology. One more thing: Diet books often contradict one another, so keep that in mind if attempting to follow the program the authors suggest.

William says

A bit dated.

Jodi says

This book focuses on maintaining good health but tells you how to achieve weight loss as an additional side effect.

Phase 1 of the diet recommends that you eat less than 30 grams (net) of carbohydrate a day (plus lots of healthy fats and a 90 - 120 g or 3 - 4 oz serve of protein with at least 2 meals daily, depending on your weight/size).

Phase 2 of the diet allows up to 55 g of carbohydrates daily.

The Maintenance Phase allows 60 - 150 carbs a day, depending on what works best for you and your body.

This advice tallies very well with the information given in books such as *The Schwarzbein Principle: The Truth About Losing Weight, Being Healthy, and Feeling Younger*, *Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats*, *The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy* (Primal Blueprint Series) as well as *Why We Get Fat: And What to Do About It*. Each of these books recommends cutting down to around 60 grams of carbs or so daily in order to lose weight, and then upping your carb intake when you're at the maintenance level.

As someone who has been spent significant time on the Atkins induction phase where carbs were limited to 20 grams daily, I feel this is too low for some of us to feel our best and so I would personally recommend skipping Phase 1 of the diet, and going straight to Phase 2 where you are allowed more grams of net carbs daily.

It is far less stressful on the body to lose weight and restrict carbs more slowly and there are so many benefits in eating huge amounts of (lower carb) vegetables daily plus a little fruit; including that they are enjoyable to eat!

For those of us battling serious illness and that have adrenal issues there may also be problems with going VERY low carb, as some articles I have read have explained. As far as healthy people maybe doing better avoiding the first Phase, this is just a completely unsubstantiated personal opinion! It is probably best to just do what feels right to you.

While I agree very much with the overall message of this book and find this type of diet makes me feel the best and helps me maintain my healthiest weight, I would have to say that I would probably choose any of the books I have listed above in preference to this one, if I had to pick just one of them.

(This book recommended some very unhealthy and junky foods, which really put me off. It also lacked some of the extra practical and scientific information contained in some of these other books. My reading also seems to suggest that a higher fat diet with moderate protein and controlled carbs is the best choice, rather than a similar diet which advises eating protein moreso than fat as this one does.)

If you are needing to lose weight as well as deal with any type of illness then the best pick of them is probably *Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats* by Sally Fallon.

If you're fairly healthy and all you want is to lose weight and learn more about why high carb and low fat diets don't work then I'd recommend *The Schwarzbein Principle: The Truth About Losing Weight, Being Healthy, and Feeling Younger*.

Don't believe the hype about low fat and low calorie diets being the best way to lose weight and be healthy. It turns out that 'calories in, calories out' is dead wrong! You can also lose weight without increasing your activity level at all. It also turns out that very low fat diets are dangerously unhealthy. For more on this the scrupulously referenced and brilliantly argued book *Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health* (Vintage) is essential reading.

Jodi Bassett, The Hummingbirds' Foundation for Myalgic Encephalomyelitis
