



# **The Good Carbohydrate Revolution: A Proven Program for Low-Maintenance Weight Loss and Optimum Health**

*Terry Shintani*

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**Say good-bye to dangerous carb-free diets. It's time to lose weight *without* sacrificing taste, portions, or total body health. Introducing the first and only quick-results weight-loss program that also controls blood pressure, cholesterol level, and blood sugar.**

### **THE GOOD CARBOHYDRATE REVOLUTION**

In his breakthrough bestselling book *The Hawaii Diet™*, Dr. Terry Shintani showed readers how they could eat nearly *three times* as much food as they usually do -- and still lose unprecedented amounts of weight and eliminate major health problems. Now, as a much-needed voice of reason amid today's clamor of diet programs that eliminate breads, pastas, and vegetables and encourage us to gorge on meat, eggs, and butter, Dr. Shintani returns with a real revolution that promises to stop all the high-cholesterol and heart-endangering diet madness once and for all.

*The Good Carbohydrate Revolution* introduces a groundbreaking way to control weight and blood sugar levels by eating *more* of the *right* kinds of carbohydrates. Forget about strict calorie counting or portion control. Designed to maximize your health and keep you lean for life, Dr. Shintani's scientifically proven program centers on "good" carbohydrates such as whole-grain pasta, pita bread, corn, sweet potatoes, and brown rice, as well as an array of vitamin-rich fruits and vegetables. Outlining the benefits of good carbohydrates -- and alerting readers to the dangers of "bad" carbohydrates composed of white flour and sugar -- this refreshingly straight-talking book offers the most surefire, sacrifice-free method for controlling blood pressure, reversing diabetes, and -- most important -- reducing the overall health risks that are too often caused by today's popular and highly touted diet programs.

With a complete 21-day menu plan, which delivers dozens of mouthwatering recipes and loads of tips on how to make every meal a gourmet pleasure, Shintani's sublime collection of breakfast, lunch, and dinner dishes hailing from Hawaii, Europe, and the continental United States promises to make eating well -- and staying well -- easier than ever. Whether you're seeking permanent weight loss, lower cholesterol, or an overall sense of well-being, *The Good Carbohydrate Revolution* works with your body's cravings, enabling you to eat all you want -- and achieve optimum health.



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