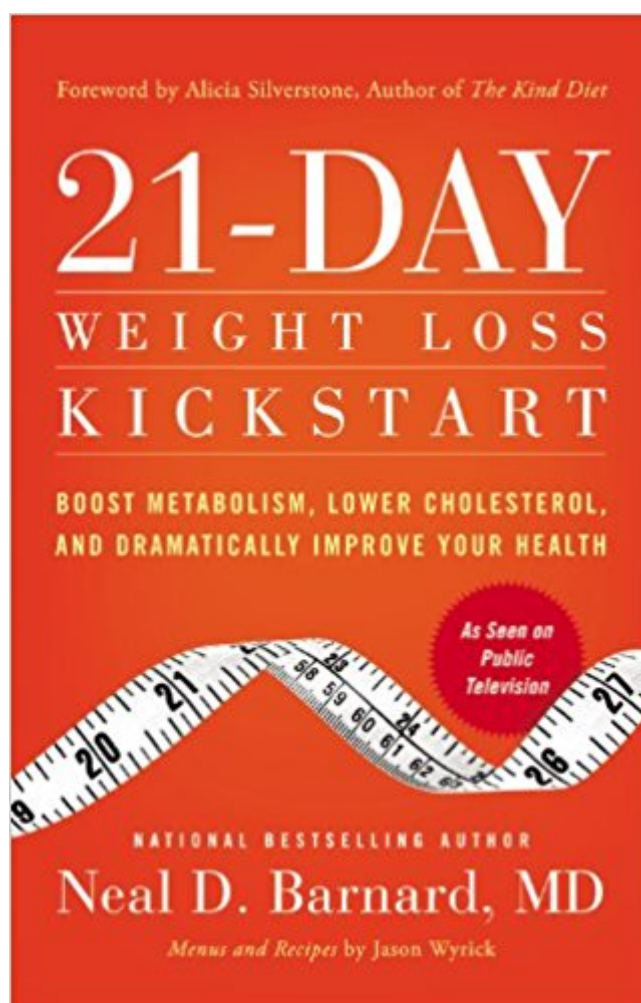


The book was found

21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, And Dramatically Improve Your Health



Synopsis

For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results-drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly:

- **Appetite reduction:** Strategically choose the right foods to naturally and easily tame your appetite.
- **Metabolism boost:** Adjust eating patterns to burn calories faster for about three hours after each meal.
- **Cardio protection:** Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks.

Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

Book Information

Paperback: 368 pages

Publisher: Grand Central Life & Style; Reprint edition (March 5, 2013)

Language: English

ISBN-10: 0446583820

ISBN-13: 978-0446583824

Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 311 customer reviews

Best Sellers Rank: #16,370 in Books (See Top 100 in Books) #16 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #23 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #157 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Following the success of his 2010 21-Day Vegan Kickstart online program, physician Barnard (Breaking the Food Seduction; Foods That Fight Pain, etc.) reworks his material for this guided comprehensive lifestyle change to be featured as a program on PBS stations. Day by day, Barnard

discusses vegan choices, benefits and challenges. Readers will learn to substitute vegetables, fruits, legumes, whole grains, and plant-based protein for fatty animal products (meat, dairy, fish) and sugary fare; eat vegan in social situations and while traveling; promote weight loss, energy and sleep; relieve pain; prevent or reverse diabetes, heart disease and some cancers; and create meals that, Barnard contends, fulfill all nutritional requirements. Home food preparation is key, but Barnard offers options for dining at restaurants and fast-food chains and using convenience foods. While readers must commit to food shopping and cooking, Barnard motivates with promises of quick results and insights from medical professionals and celebrities, and tempts with generous breakfasts (pancakes with maple syrup; burritos with potatoes and spinach), easy desserts (a delicious chocolate cake), and assurances of weight loss without deprivation, calorie counts, and exercise routines. (Feb.) (c) Copyright PWxyz, LLC. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Dr. Barnard's 21-day program will change the way you eat and live. The research is cutting-edge, the recipes are delicious, and the eating plan is simple as can be. This book is the kickstart you need to finally lose weight and get healthy." -Rory Freedman, #1 New York Times bestselling coauthor of *Skinny Bitch*"Get ready to transform the way you think about food, and get ready to change your life" -Alicia Silverstone, author of the New York Times bestselling *The Kind Diet*"Dr. Barnard is a brilliant visionary, one of the leading pioneers in educating the public about the healing power of diet and nutrition." -Dean Ornish, MD, author of *Eat More, Weigh Less*"Jump in and begin The 21 Weight Loss Kickstart! You'll have a new-found relationship with healthy foods that can revolutionize your health forever more." -Rip Esselstyn, author of the New York Times bestselling *Engine 2 Diet*"Dr. Barnard's plan is about eating better- not eating less; about finding health, as well as losing weight. The recipes look as tempting as the counsel is trustworthy. This is dietary guidance at its best." -David L. Katz, MD, MPH, FACPM, FACP, Director of Yale University Prevention Research Center"You want to look and feel better than ever? This is the book for you! Easy to understand information, a well laid out plan, and best of all, delicious food! No one makes plant-based eating more accessible. Dr. Barnard, you've done it again!" -Marilu Henner

Today is my 21st day (April, 14 2012).I am one of those people who can stick to a diet, but can't lose weight. I've tried everything out there. On some diets I've even gained weight (the 90s Ornish plan with dairy, Nutrisystem, Atkins) while family members have lost weight eating the same exact things. This book explained WHY I didn't lose or even gained weight on diets and what I could do

that was different and might offer me some success. I thought I was doomed to feeling and looking lousy, and am so grateful I was wrong. I lost 6 lbs in three weeks, steadily, easily. If I can lose 6lbs with my stubborn metabolism, then I would guess most people might have even greater success. I was never hungry, and at the end of each day I'd lie in bed thinking how nice it is to have a sensation of satiety but not to feel bloated, starved, or guilty. To have enjoyed--really enjoyed--my food and felt healthy, had more energy, and been more comfortable in my body and my clothes. I have been craving this kind of feeling on a deep level, but have never been able to figure out how to effect it in my life. At first, I found the plan a little intimidating. But if you can make it through the first day you can make it through 21 days. Day 2 is even easier, and by the end of the first week you won't even have to think about it. My retired mother went on it with me, and she had no problem with it either. She is a diabetic and controls her diabetes very carefully with diet. She said her blood sugar fluctuated more than normal the first few days, but then stabilized nicely and she hasn't had a problem since then and is really enjoying being able to eat a wider variety of foods now, including some things she just couldn't eat at all before. She has high cholesterol and I will update when she has her next lipid panel. No significant effect from this diet on her renal or fibromyalgia problems, but perhaps that will change over time. I am hypoglycemic, and do very well on this eating plan in that regard. Yes, it's vegan. For 21 days. You are not committing to veganism for life, just to see how you feel when you eliminate certain types of foods and increase other types. This diet will not make you start wearing Birkenstocks, join PETA, or grow out your armpit hair. I have no intention of becoming a vegan for ethical or political reasons. I do think that the vegan way of eating presented in this book, however, is based on sound science, and, most importantly, has worked for me. I will probably start re-incorporating animal products at some point. I travel, I live in a rural community where there are sources for animal products where I know what they were fed and how they were treated. I don't have a need to totally commit to veganism for life, but for now, this works. I feel great. I thought feeling and looking good were gone with my youth, but I have more energy now that I can remember having in a decade. I never feel bloated. I never feel hungry. My mood has been naturally elevated as a result of this eating plan (this is NOT a diet). Meal prep can be as simple or complex as fits your lifestyle. I no longer feel my joints aching at the end of the day, even though I am much more active every day now. I am able to eat foods on this plan that I've thought for years would be off limits for me forever. I have really, truly enjoyed my food for the first time since I can remember. Food has become more delicious and I never feel deprived or hungry or feel like it's a struggle to stick with the plan. Most supermarkets have products you can use to adapt recipes. There are a few things your supermarket might not carry, like nutritional yeast, but if you can't get them at a local

Whole Foods or health food store, you can order them on . Try the frozen foods section of your grocery store and look for brands like Boca, Morningstar, or Amy's for meal components (like veggie burgers or meat substitutes) or entire frozen meals. Keep lettuce and tortillas on hand for quick wraps when you need to eat on the run. Amy's makes a great vegan frozen bean burrito and also a good rice crust vegan cheese pizza. Daiya cheese substitute is the best I've found, but I hardly felt the need to substitute for cheese after the first week. Cashew and nutritional yeast cream (sounds weird, but it's great) is so good and fabulous on salads or veggies or sandwiches. I found many foods in my supermarket as well as Whole Foods to be appropriate, but when I went to Trader Joe's after learning how to read labels, I was amazed at how much fat and sodium was packed into the products there, so I would not recommend shopping there for most of your food if you have other choices. The book gives a good shopping list and suggestion for new things to try--follow that list for your first week as you explore this way of eating and you should be able to learn how to navigate your supermarket and kitchen in new ways. Get rid of the mentality of deprivation and allow yourself to EAT, enjoy, and feel satisfied and feel good about being in your own body. Buy a vegan cookbook or if you don't want to spend the money, google "vegan lowfat recipe blog" and you will find lots of recipes and cooking tips. It takes a bit of adjustment, but really not that much. There are great ways to substitute for meat and dairy. One caveat: meat and dairy substitutes are NOT meat and dairy. They don't taste like meat and dairy and if you expect them to then you will be disappointed. They will, however, satisfy your cravings for those tastes and textures if you give them a chance. And then somewhere along the line you may even discover you no longer even crave them all that much. Along with sugar, fats, and a slew of other things that may be slowing down your weight loss, sapping your energy, and slowly and subtly chipping away at your health. The book doesn't call for exercise, but after about a week, my activity increased because I had so much energy I just HAD to do more. It's been wonderful, and my productivity has increased greatly. If you want to make excuses and continue as you are, or if you want someone to do the work for you, then don't buy this book. It is not for you, and you will be disappointed. If you are willing to do the personal work for 21 days to see what a radical (but really not very difficult) positive dietary change can do for you, I highly recommend this book. This book is for people with a high level of personal responsibility and desire to explore changes that may positively impact their lives. If that's you, then invest in this book, and good luck to you. There are some good you tube videos featuring Dr. Barnard. doesn't allow external links, but you can do a youtube search on "Dr. Neal Barnard Part 1" and the parts 2, 3, and 4. UPDATE: May 6 2012 Went for a regular physical. My cholesterol, although not in the danger zone before the diet, is now down about 50 points on this diet. Triglycerides are down, too,

and my cholesterol ratio is 2.4. I'm pretty pleased. I wish I could get my daughter to try this.

UPDATE: May 26, 2012 My mother had a lipid profile done. In two months on the diet her cholesterol is down 72 points. No cholesterol medicine could get her below 200, but this diet did. We are hoping to get her down another 30-40 points so she can get off the meds altogether. She's down a size in her clothes. We watched "Forks Over Knives" and "Fat Sick and Nearly Dead" this month, which although we needed no motivation as the plan is easy once you lose your cravings, were both motivating and inspirational. I am still doing well. Lost a couple more pounds (10 total on the diet--1 clothing size), eating even less processed foods, and feeling even better. Bags under my eyes are gone, and the dark circles that made me look old and tired are not completely gone, but are much less noticeable. My skin looks and feels better. I have absolutely no desire to eat off plan. When I get the rare urge to indulge, I am perfectly able to do it within the parameters set by Dr. Barnard for healthy eating. Traveling was a bit difficult, but I did it with a little extra planning and preparation. I burned out my magic bullet mixer so I splurged and bought a Vitamix and it makes whole foods preparation a lot easier and some things just come out so much better than in a plain blender. Soups, smoothies, and hummus are much smoother and creamier in the Vitamix and make it easier and tastier to get in lots of fresh fruits and vegetables. A crock pot is helpful for soups and bean dishes. I initially turned up my nose at folks who said their tastes changed and food tastes better, but guess what--it does. I liked fruits and veggies just fine before this, but now there's a much greater pleasure in eating them that I can't quite describe. I am not at all sorry that I bought this book and tried what Dr. Barnard suggests, I am only sorry I didn't start this years ago.

UPDATE: April 2013. I'm down about 20 lbs, and fit into my old clothes. I've never felt at all deprived and eat until I'm well satisfied every day. My cholesterol is down to 134 and my BP is down to normal as well. Cooking is easy, and once I figured out a few things, traveling and eating this way is not a problem at all.

UPDATE: December 2013. Still going strong. I'm down about 35 lbs total, and nearly 4 sizes. I feel great. I've been working with a plant-based doctor and my chronic fatigue is gone. My mother, who is pushing 70, is off ALL of her meds, including the BP meds she's been on since she was 35. She's been at her goal weight for quite some time and is full of energy. We also got Barnard's newest book, *Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory*, and have incorporated some of those suggestions as well. Eating like this is second nature and we no longer really think about it much. I no longer fear I'm going to balloon back up to my previous weight. No yo-yoing anymore.

UPDATE AUGUST 2, 2016 Still on a whole foods, plant-based diet and still doing well.

I enjoy Dr. Neal Barnard a great deal, and I respect him. This book, like all his books, informative and easy to understand.

This book is easy to read and has lots of valuable information. If you're interested in a healthy diet that's easy to implement try this one.

This book provides beneficial information for eating strict vegetarian-type meals...strict as in no meat or dairy products; however, it also provides health information details explaining why this way of eating is a reasonable choice for those watching their diets due to diabetes, heart issues, high cholesterol, overweight, cancer, and others. I utilized this method over a year ago, and lost 10 lbs, and truly felt better. My blood work at my doctor visit was great after being on this eating plan for just a couple months! I don't eat sweets anyway, so that was not an issue, but I do love cheese and foods cooked with cheese. That was a hard change to make; however, this book provides several alternative food choices that are vege-based and - while not the same - offer decent options. I learned to buy vege products to replace my meat and cheese products at regular grocery stores and grew to like them. I let a friend, who is now fighting cancer, borrow the book and decided to purchase another for myself, as I wanted to reread some of the health benefit points. I got back in the old habit of eating cheese products and meats, especially fried foods - which are a big no-no for eating healthy - after I broke a bone and thought I had to "add more protein and calcium" for healing. Just an excuse to comfort myself with food as I was recovering. While Dr. Barnard promotes "Vegan" lifestyles...no animal products of any kind, any time, for any reason, I preferred to focus on his health benefits of eating more fruits & vegetables while avoiding most meats and most dairy products. My body thanked me for it!

started the program March 1st still using it as a guide line to healthier eating and life style not staying vegan but close to it. have added back in fish great book read it all before you start the program to give you insight into the program. Good Luck.

Truely a great book with great recipes and information. My one complaint would be the lack of a shopping list. It was very annoying having to go through each recipe to guesstimate how much of each ingredient I would need. Still a great purchase and I would recommend it.

Received as stated. Good and helpful read.

this book and the documentary "Forks over Knives" change my life and my husbands. I have lost 9 pounds and my husband has lost 27!!! We feel great and have tons of energy. Love this book! Great recipes!

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21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The Mediterranean Diet Weight Loss Solution: The 28-Day Kickstart Plan for Lasting Weight Loss Let Us Help You Lower Your Cholesterol, With These Awesome Specific Recipes: Explore This Great Cookbook to Help Lower Cholesterol 7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week, Flush out Toxins and Improve Your Health ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat and Lose Weight Fast Hair Loss: Hair Loss Solutions for

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