



The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now

By Rachael F. Heller, Richard F. Heller

Download now

Read Online →

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller

Drs. Rachel and Richard Heller, authors of the revolutionary *New York Times* bestselling *Carbohydrate Addict's* books, are renowned for their ability to motivate readers with their own combined 200-pound weight loss success. Drs. Heller understand the physical and emotional reasons why people struggle to stay on their low-carb diets—or fall off them completely.

Now comes the right help at the right time—a plan to put the low-carb dieter back in control—without deprivation—in only a week or less!

Holidays, vacation, stress, boredom, and daily emotional wear and tear are all factors that can chip away at the most sincere diet commitment. What starts out as a simple "cheat" often leads to bona-fide failure. In the end most low-carb dieters are left to watch helplessly as their eating spirals out of control and the pounds creep (or rush) back on. Drs. Heller know that once someone has fallen off any low-carb diet, they need help to get back on, and stay on.

Now there's a day-by-day, scientifically-based motivating and empowering program that will immediately reduce cravings, satisfy the body's need for carbohydrates, and help low-carb dieters regain control over their eating and their weight.

The 7-Day Low-Carb Rescue and Recovery Plan includes:

- **7-Day Jump-Start Plan:** Goes to work immediately to help eliminate cravings, balance blood sugar and insulin levels, and put you back in charge—without asking you to give up your favorite food.

- **Five Clues Low-Carb Diet Doctors Miss:** What you don't know could kill your diet. What you need to know to ensure success.

Taming the Hunger Hormone: How to spot the slip-up before it happens—and regain your self-control on the spot.

Hidden Carbs Waiting to Pounce: Did you know that two stalks of broccoli are equal in carbohydrates to a chocolate-covered ice-cream bar? You have to read

this chapter!

Troubleshooting: Simple solutions to plateaus, time crunches, the breakfast dilemma, holiday and party minefields, constipation, spousal sabotage, and more.

Restaurant Tactics: Surprising strategies for eating out, enjoying the food you love, and staying on your plan.

Rescue Recipes: When you're facing temptation, legal food that satisfies at your fingertips.

The 7-Day Low-Carb Rescue and Recovery Plan is the essential lifeline of hope for low-carb dieters who have lost their way, or who simply need a helping hand in getting back on track.

 [Download The 7-Day Low-Carb Rescue and Recovery Plan: For E...pdf](#)

 [Read Online The 7-Day Low-Carb Rescue and Recovery Plan: For...pdf](#)

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now

By Rachael F. Heller, Richard F. Heller

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller

Drs. Rachel and Richard Heller, authors of the revolutionary *New York Times* bestselling *Carbohydrate Addict's* books, are renowned for their ability to motivate readers with their own combined 200-pound weight loss success. Drs. Heller understand the physical and emotional reasons why people struggle to stay on their low-carb diets—or fall off them completely.

Now comes the right help at the right time—a plan to put the low-carb dieter back in control—without deprivation—in only a week or less!

Holidays, vacation, stress, boredom, and daily emotional wear and tear are all factors that can chip away at the most sincere diet commitment. What starts out as a simple "cheat" often leads to bona-fide failure. In the end most low-carb dieters are left to watch helplessly as their eating spirals out of control and the pounds creep (or rush) back on. Drs. Heller know that once someone has fallen off any low-carb diet, they need help to get back on, and stay on.

Now there's a day-by-day, scientifically-based motivating and empowering program that will immediately reduce cravings, satisfy the body's need for carbohydrates, and help low-carb dieters regain control over their eating and their weight.

The 7-Day Low-Carb Rescue and Recovery Plan includes:

- **7-Day Jump-Start Plan:** Goes to work immediately to help eliminate cravings, balance blood sugar and insulin levels, and put you back in charge—without asking you to give up your favorite food.

- **Five Clues Low-Carb Diet Doctors Miss:** What you don't know could kill your diet. What you need to know to ensure success.

Taming the Hunger Hormone: How to spot the slip-up before it happens—and regain your self-control on the spot.

Hidden Carbs Waiting to Pounce: Did you know that two stalks of broccoli are equal in carbohydrates to a chocolate-covered ice-cream bar? You have to read this chapter!

Troubleshooting: Simple solutions to plateaus, time crunches, the breakfast dilemma, holiday and party minefields, constipation, spousal sabotage, and more.

Restaurant Tactics: Surprising strategies for eating out, enjoying the food you love, and staying on your plan.

Rescue Recipes: When you're facing temptation, legal food that satisfies at your fingertips.

The 7-Day Low-Carb Rescue and Recovery Plan is the essential lifeline of hope for low-carb dieters who have lost their way, or who simply need a helping hand in getting back on track.

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller Bibliography

- Sales Rank: #237395 in Books
- Brand: Dutton Adult
- Published on: 2004-04-26
- Released on: 2004-04-22
- Original language: English
- Number of items: 1
- Dimensions: 8.84" h x 1.14" w x 5.78" l,
- Binding: Hardcover
- 256 pages

 [Download The 7-Day Low-Carb Rescue and Recovery Plan: For E ...pdf](#)

 [Read Online The 7-Day Low-Carb Rescue and Recovery Plan: For ...pdf](#)

Download and Read Free Online The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller

Editorial Review

Amazon.com Review

The 7-Day Low-Carb Rescue and Recovery Plan The word "miracle" isn't in the title, but perhaps it should be. In *The 7-Day Low-Carb Rescue and Recovery Plan*, The Drs. Heller (*The Carbohydrate Addict's Diet*) have designed a tremendously simple week-long "jump start" for anyone who wants to give low-carb living a shot--or even a second try. With their emphasis on lean proteins and plenty of fiber, rather than plain "slabs of meat" at every meal, you'll actually be adding food to your daily regimen for the first days of the program. As you continue the week, carb-heavy foods will be moved to the end of meals; partially removed; and removed entirely. A generous handful of recipes are included, all of which include plenty of spices and flavor, from the mushroom garlic dip to the sesame pork with garlic cream sauce. Some, like a flour-free "crepe," can be made ahead in stacks and frozen for later munching. The remainder of the book is helpful even to those who are doing a decent job sticking to your plan during typical days, but have problems when faced with holidays or dinners out with friends. The Hellers detail a few typical experiences we all encounter--waiting for friends at a bar and "rewarding" ourselves with sugar-laden desserts is one--and then demonstrate how to avoid typical pitfalls. Repeated urgings to "take care of yourself first" and deal with emotional issues behind food aim at long-term solutions, while methods of polite refusal will help those who feel they simply can't say "no" to a full bread basket at a restaurant. Whether you're picking up where you left off or just looking for some new techniques for keeping your weight stable, chances are you'll find them in this upbeat, encouraging book. --*Jill Lightner*

About the Author

Drs. Rachael and Richard Heller are distinguished researchers and professors emeritus (Mount Sinai School of Medicine and the Graduate Center of the City University of New York). They are the authors of *The Carbohydrate Addict's LifeSpan Program* and many other books in the *Carbohydrate Addict's* series.

Users Review

From reader reviews:

Lucinda Brown:

Inside other case, little persons like to read book The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now. You can choose the best book if you love reading a book. Given that we know about how is important a new book The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now. You can add information and of course you can around the world by the book. Absolutely right, simply because from book you can realize everything! From your country right up until foreign or abroad you can be known. About simple factor until wonderful thing you could know that. In this era, we can open a book or searching by internet unit. It is called e-book. You should use it when you feel weary to go to the library. Let's learn.

Mindy Simmons:

What do you think about book? It is just for students because they're still students or it for all people in the world, the actual best subject for that? Just you can be answered for that concern above. Every person has distinct personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great as well as important the book *The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now*. All type of book would you see on many sources. You can look for the internet options or other social media.

Irma Patterson:

As we know that book is significant thing to add our expertise for everything. By a publication we can know everything we would like. A book is a list of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This publication *The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now* was filled regarding science. Spend your time to add your knowledge about your scientific research competence. Some people has several feel when they reading a book. If you know how big good thing about a book, you can feel enjoy to read a e-book. In the modern era like now, many ways to get book that you just wanted.

Elizabeth Brown:

Some individuals said that they feel fed up when they reading a e-book. They are directly felt the item when they get a half elements of the book. You can choose often the book *The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now* to make your reading is interesting. Your own skill of reading proficiency is developing when you similar to reading. Try to choose very simple book to make you enjoy to read it and mingle the feeling about book and examining especially. It is to be initially opinion for you to like to available a book and go through it. Beside that the guide *The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now* can to be your brand new friend when you're feel alone and confuse in what must you're doing of their time.

Download and Read Online *The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now* By Rachael F. Heller, Richard F. Heller #TGEHAM2PX1W

Read The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller for online ebook

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller books to read online.

Online The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller ebook PDF download

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller Doc

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller Mobipocket

The 7-Day Low-Carb Rescue and Recovery Plan: For Every Low-Carb Dieter--On Any Program--Who Needs Real Help--Right Now By Rachael F. Heller, Richard F. Heller EPub