



Living Low Carb: Controlled-Carbohydrate Eating for Long-Term Weight Loss

Jonny Bowden , Barry Sears (Foreword)

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Living low carb just gets better and better! This thorough revision of Jonny Bowden's comprehensive guide includes all the newest data that support the long-term health benefits of a contemporary low-carbohydrate eating plan.

Bowden explains how low-carb diets work, and helps readers choose and customize the program that's best for their own long-term weight-loss and optimal well-being. With customary frankness, he reveals the secrets to sticking with a controlled-carb plan and sums up everything he's learned about how to make the lifestyle work. Best of all, Bowden gives the lowdown on *all* the low-carb programs, including the All-New Atkins Advantages, the Low GI Diet, and the Ultimate New York Diet, with recommendations and caveats.

Bowden's candor, lively style, and grasp of the subject make this consumer's guide to low-carb diets the best on the planet.

Living Low Carb: Controlled-Carbohydrate Eating for Long-Term Weight Loss Details

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Marilee says

This is one of the best, most informative and non-dogmatic explanations for why reducing our carb intake is the wisest dietetic course for health and weight management. This isn't a diet book per se, but a thorough explanation of the latest science and nutritional information. The days of the low-fat, high carb diet as the standard is finally being shown for the fraud it was. Dietary fat [in moderation] and protein are not the bad guys. If you want finger pointing at bad health and obesity culprits, look no further than all the sugar, highly processed prepared food and white carbs in our modern diets.

Included in the book are numerous references, suggestions and the latest information, based on science not conjecture. What I particularly liked were the explanations of the many diet books [23 of them!] and plans out there, as well as help in working out the best plan for oneself. Pick what's right for you... experiment and taste. The book also contains many tips, suggestions and FAQ's.

Easy enough to read... the author suggests one can skip around to find the most useful information for readers, but I found the organization left a wee bit to be desired, if one wasn't sure just what info to seek. Endnotes and sources are at the back of the book, so you may find yourself reading information in the text that is not referenced in footnotes.

This version is the 2013 edition of the 2010 original text. Research and studies continue, so I look forward to a new edition in the future with updates.

♥Marie Gentilcore says

This book was interesting and informative. It gave me a lot to think about. I especially liked the reviews of the various diet plans out there such as The Zone, Atkins, Carbohydrate Addicts, and many more. This would be a great place to start for anyone interested in learning more about low carbohydrate diet plans.

Mary Mackie says

Well written, does a good job of comparing the different low carb diets, easy to understand.

Kristen says

Lots of good information. A lot I had heard before--insulin causes fat storage, lowering insulin levels leads to fat loss, etc. I learned a lot too--mostly about the effects of different fats on the body and about inflammation. That chapter was a lightbulb moment for me. I suddenly understood all the hype about salmon and omega-3s. I was disappointed that he never addressed an issue particular to me (and I'm sure others):

food allergies that are NOT typically addressed by low carb diets. In my case, fish. Also known as a staple of every low carb diet ever. And the only source of omega-3 fats ever discussed or pushed. So yeah.

My biggest pet peeve came in the chapter when Bowden reviewed many of the low carb diet plans on the market right now. For the most part, the reviews were great. However, he also reviewed his own plan, and of course gave it 5 stars (though not the only plan he gave 5 stars to, which was nice). His review of his own plan felt a lot like an ad, and a lot less like a review. I would have rather had him skip it.

But overall, I really liked this book. I also have several new books on my to read list now.

Peter Greenwell says

Gives a broad and comprehensive insight into the low-carb and paleo phenomena, including a review of the various low-carb and paleo/caveman diets out there. It's not all pro though, the author does mention a few cons about the dietary style, which does set him apart from many others of his ilk who'll ram down your throat their way is the only way, no dissent accepted.

All up, it made for some very good reading, though he does refer you to his website to buy stuff, which is a corollary of this kind of material.

Raechelle Thomas says

I absolutely love this book. Jonny Bowden makes so much sense. He makes it so easy to understand the effects of carbs on everything from hormones and insulin, to fat burning, cholesterol and triglycerides. I'm only on page 42, but realise we already eat fairly low carb-and now I'm glad of it after learning how carbs truly affect the body. If you read only one book on the above subjects, read this one. Jonny Bowden really spells it out for all of us to understand.

Jennifer says

No wonder our country is gaining in girth. The low-fat diet is making us fat. The food pyramid is all wrong.

This book convincingly explains why so many Americans are overweight and unhealthy. Insulin makes us fat; eating sugar and starches produces insulin. This is the cause of heart problems and possibly other health conditions, including cancer. Eating low-carb foods and choosing high quality foods will produce weight loss and improved health. The right kinds of fat can help us lose weight. Even saturated fats are not all bad in moderation, if eaten when the body is not producing huge quantities of insulin.

Accepting the theories of this book requires a major change in outlook. Our views about healthy eating are deeply ingrained--for some of us, over decades. The mainstream media (and our friends) are constantly reinforcing these wrong views. The author helps change that outlook by first explaining the history of dieting, and how the low-fat diet came to be. The author then explains in easy-to-understand English what eating the low-fat, high-carb diet does to our bodies, as well the good results from eating low carb. This explanation is convincing because it clearly explains the chemistry behind both ways of eating. Furthermore,

it relies on numerous studies, including studies by respected doctors and universities. The explanation has endnotes with supporting information.

The book explains how the low-fat diet makes us fat. Eating sugar and starches produces insulin. (Starches, even whole grains, quickly convert to sugars.) In the process of dealing with the insulin, the body produces triglycerides (and other things). To deal with those chemicals, the body stores some fat in the liver (hence the increase in fatty liver disease in Americans), and puts the rest into fat cells. The fluctuating blood sugar levels that result cause us to crave more carbohydrates and to overeat, which further makes us fat.

In contrast, a low-carb diet promotes fat loss. First, it enables fat to be burned, because fewer carbohydrates are available to be burned (and the body burns carbs first). Second, the low-carb diet creates little insulin, which greatly reduces triglycerides and other chemicals in the blood that lead to fat deposits in the heart and elsewhere. Third, the low-carb diet does not make us hungry. Our blood chemistry does not create food cravings. And, eating fat helps us feel full and satisfied.

Much of the book is really about good health, more than weight loss. An important theme throughout is the need for good fats--primarily Omega-3s. Many of the oils in our current diet are Omega-6, which are not inherently bad, but our diets are out of balance, with too many Omega-6s and not enough Omega-3s. Most importantly, trans fats should be eliminated. Another important tip for good health is the importance of fiber in the diet.

A less useful part of the book (which the reader could skip) contains summaries of nearly 40 different low-carb diets. The author describes the diet and who might succeed with it and then gives ratings. Even this section provided some good insights about eating low carb.

The author dispels two common myths: First, this is low-carb eating, not no-carb eating. Carbs in vegetables are encouraged, and even some fruit can be eaten. Second, this is not all-you-can-eat dieting. Calories do have an effect, but do not necessarily have to be carefully counted.

The book also has an approach to eating that could work as well as the many diets summarized. This mainly lists the types of foods to eat and those to avoid, and urges consumption of water and fiber. In addition, the book has a very good chapter about supplements, both that help with weight loss, but more importantly that help with good health.

Local doctors are embracing this: while I was reading this book, a friend told me that her husband's cardiologist recommended a low carb diet. The husband followed it and lost 30 pounds by cutting out all sugar, flour, and so on. Another doctor told someone I know to lose weight, and to do that by eating low carb.

This is a fascinating book.

April says

Want to join the ranks of the low-carbers but don't know where to start? Low-carb takes many forms, and it's not one-size fits all. If you know it's time to get well but aren't sure which plan is for you, this book is a great

start.

Linh Pham says

The main reason why I chose this book to read is not for the purpose of losing weight, but just to see what's really behind low-carb method.

The first thing I love about this book is how the author explains the myths that we've been automatically seen as truths for a long time. For example, you ever heard that high cholesterol is bad? Well there are different kinds of cholesterol, some of which are not bad at all. And to find out all the details behind cholesterol (as well as insulin, saturated fat, etc.), it is good to start reading this book.

The next thing I love about Living Low Carb is the summary of 23 modern low-carb diets, what they are, who would benefit from them. Certainly this is only a summary in more than 100 pages to give readers a general idea about these methods, and hopefully after reading we can pick up some diets to follow to be healthier. Again, low-carb doesn't only benefit people who want to lose weight, but everyone who wants healthful foods and to avoid certain diseases (heart disease, diabetes to name a few).

Overall, a very well-explained long but not painful to read book.

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Debbie says

Although it was overwhelming.(he explains so much and describes and reviews twelve low carb diets), I learned so much. the key to me maintaining a lower weight has got to be from low carbs. But how low is the question. I don't know if I can give up fruits!! I don't think weight watchers is structured enough for me, although I'm hanging in there with it.

Of particular interest was the Dukan Diet. I went on his website to look into the oat-bran pancake.

Bowden is a real advocate not only for low carb but for people who cannot eat as many calories as others. he recognizes that calories in and calories is not the only significant factor for most of us.

The diets that I don't want to forget

Dukan diet

Attack phase is pure protein cruise phase add veggies consolidation gradually adding.

Everyday you eat an oat bran galette. Third phase has a celebration meal any food you want but no seconds.

One starter 1 main one dessert one glass of wine. Eventually two celebrations but never back to back

The carbo addict diet two low carb meals, reward meal once a day third protein veg and starch or dessert .

Has to be consumed in one hour. Can't have seconds

Unleash your thin is his diet and has lots of workbooks.

Phase 1 mindfulness

Phase 2 protein veg one piece of fruit

One optional portion of avocado or nuts and you can make veg in oil

Phase three

A week of introducing milk and second of introducing grain

Meghan says

Great, helpful book with a plethora of information, written for easy understanding. You don't need to have a medical degree to read this book.

Suzyn says

This is a nerd's dream diet book- Not only does it contain the usual science for low carb eating and lots of general advice, it compares 38 different low carb diets and tells you what they have in common and how they differ. My favorite thing about the book is that the author clearly knows most of the authors of the other books and considers them friends. He seems to go out of his way to be nice to everybody who isn't a total quack. I picked it up expecting the usual "my diet or the highway" and found instead someone who shares the "different people need different diets" philosophy that makes intuitive sense to me.

I was just charmed like seven different ways by this book. (And I've lost weight.)

Helen says

Amazing book under unpretentious cover: comprehensive review of the history and available now low carbohydrates diets. Including the history of fallacy of the high carbohydrates and low fat diet.

Well supported, but not overburdened, short, clear, to the point. Emotional, humorous, tense, very informative. Especially at the beginning, history section. When reviewing popular diets, author is being rather diplomatic and polite without compromising essentials.

Written for a mass reader, it doesn't treat him as an uneducated simplemind (as so many similar books do), it doesn't oversimplify and nauseum and provides well selected essentials for making the informed choice for future progress.

Good handbook to give you a start when lean diets for weight loss failed, or if you are stuffed, bloated and starved, following "balanced and healthy" food pyramid recommendations. For those who have to look elsewhere in the search of solution for their problems.

Why some people are slim, no matter what they eat, and others are overweight on any of high carb, lean meat diet, why both on the same calories diet have opposite consequences.

All types of diets fall generally into two categories: thermodynamic (calories count, "overindulgence at the table" as a reason of obesity) and hormonal (genetic or acquired inability to process carbohydrates as a cause of obesity). And what you can do about it, when everything else failed.

In depth hormones involvement for those who are interested, practical recommendations for those who have a problem to solve. FAQ, myths, troubleshooting, tricks of the trade, supplements. How these are different from verbose, bloated, oversimplified "good for you" nutrition and enzymotherapy books! Reviews of other, selected and recommended books and online sources, for reviewed diets was provided information about what book is best to start and which one has best in-depth coverage.

Author intentionally made book usable even if you open it in any place, you can find the useful information, and that you will be able to skip freely from one part to another, and succeed in this. Thumbs up!

For me, apart from general interest facts, was particularly useful to find similar to mine health condition that was successfully solved a hundred years ago by dietary changes (one of diet controlled problems). There were many other examples, maybe there will be something for you.

Anyway, proper food is more affordable than full-scale enzymotherapy (*Enzymes: Go with Your Gut* book), it worth to try it first.

Highly recommended.

Ashleigh Mattern says

Two months ago, I began eating low-carb. I felt mildly ill for two weeks as my body adjusted, but since then, I've felt better than ever. I didn't know it was possible to have this much energy. Although I'd researched low-carb eating online before starting, this book taught me so much more. The book delves deep into biochemistry, reviews the most popular low-carb diets, gives a detailed overview of the scientific studies, and explains how and why so much controversy has built up around a way of eating that is demonstrably better for most people than the standard American diet (high-carb, high-fat). My only complaints are that the focus is too much on weight loss for my tastes, and the book didn't translate well to audio (it's designed to be flipped through, and read in any order you like, so in linear audio it ends up being repetitive).
