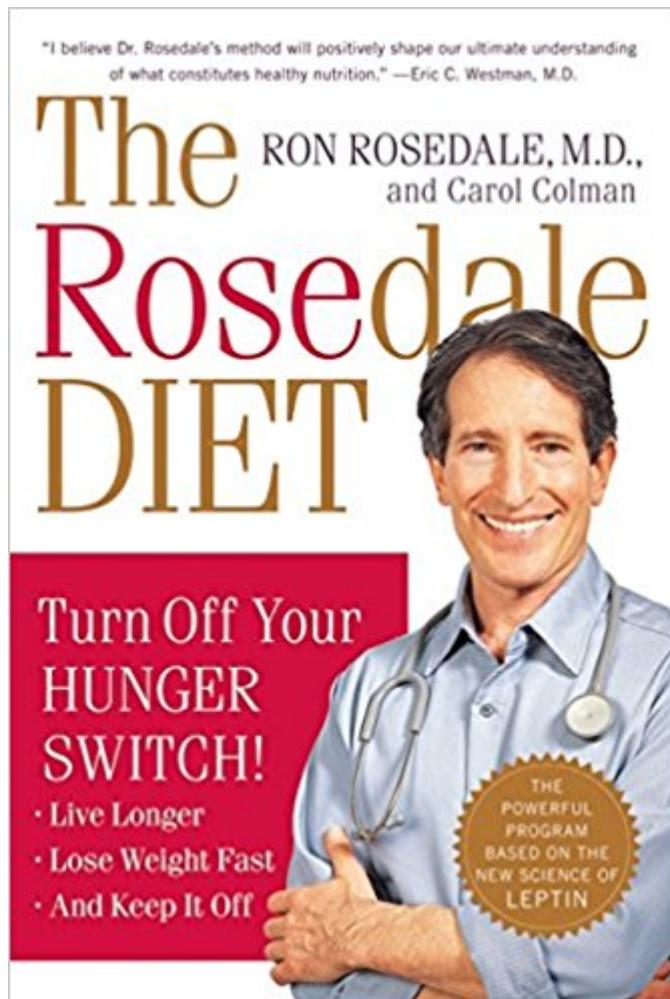


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# The Rosedale Diet



## Synopsis

Finally—â •the ultimate diet for fast, safe weight loss, lifelong health, and longer life, based on more than twenty years of research and the latest findings on appetite and weight. Metabolic specialist Ron Rosedale, M.D., has designed the Rosedale Diet to regulate the powerful hormone leptin, which controls appetite and weight loss by telling the brain when to eat, how much to eat—â •and when to stop. New research shows that leptin may be one of the body's most important hunger control mechanisms. Control leptin, and you control your weight. Most people's leptin levels are out of control, causing them to overeat and to store fat rather than burn it. The only way to flip the "hunger switch" back to normal is through a diet high in healthy fats and low in carbohydrates, saturated fat, and trans-fatty acids often found in processed food—â •plus just 15 minutes of daily exercise. Dr. Rosedale's 21-day diet plan is simple: Just select from the many foods on his "A" list, including "healthy-fat" foods such as avocados, nuts, olives, lobster, crab, shrimp, goat cheese, Cornish game hen, venison, and more. Then gradually add foods from the "B" list, such as steak, lamb chops, fruits, beans, and so on. A 28-day menu plan and more than 100 recipes, such as Dilled Salmon and Fresh Asparagus, Gingery Chicken Soup, Lasagna, Black Bean Wrap, Raspberry Mousse Cake, and French Silk Pie, make eating the Rosedale way deliciously easy. Weight loss is just the beginning. The Rosedale Diet will make you feel satisfied, reduce cravings, and put you in control of your "sweet tooth." It can even help eliminate or reduce heart disease, hypertension, diabetes, and other conditions associated with "natural" aging, as many of Dr. Rosedale's patients can attest. You'll find inspiring stories from them—â •and the power to control your weight and improve your health—â •in this groundbreaking book.

## Book Information

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## Customer Reviews

As more Americans become obese and are diagnosed with diabetes in record numbers, they continue to seek out new sources of healthy living advice and dieting tips. Those frustrated with South Beach, Atkins and the Zone may find a friend in the Rosedale Diet. Its founder, a nutrition and metabolism expert with a practice in Denver, has developed a diet plan that teaches people how to control leptin, the key hormone that regulates appetite and, say Rosedale and coauthor Colman, your ability to lose weight. They present their plan in two parts, first explaining the concept, and then providing advice for putting it into action. The Rosedale Diet encourages consumption of high-fat foods (good fats, of courseÃ¢â€”and they're to be eaten unaccompanied by sugar-forming foods), and doesn't insist that people count calories. Rosedale recommends supplements, too, asking readers to take 2,000 milligrams of glutamine before going to bed at night, and suggesting pregnenolone and phosphatidylserine for some. Even if readers aren't ready to plunge full-force into the Rosedale Diet, they'll benefit from such recipes as Dilled Salmon with Fresh Asparagus; Lobster Tails and Seaweed Salad; and Grilled Beef Fillet with Bell Pepper and Mashed Rutabagas.

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Ã¢â€”I believe that [Dr. RosedaleÃ¢â€”â„¢s] method will positively shape our ultimate understanding of what constitutes healthy nutrition.Ã¢â€” (Eric C. Westman, M.D., M.H. Sc., Associate Professor, Department of Medicine, Duke University)Ã¢â€”The Rosedale Diet is a must-read for anyone interested in health.Ã¢â€” (Dr. Joseph Mercola)Ã¢â€”Those frustrated with South Beach, Atkins, and the Zone may find a friend in the Rosedale Diet.Ã¢â€” (Publishers Weekly)

The principles of the diet seem good and 2 weeks in I'm doing better with blood sugar levels. But I'm not following his recipes or meal plan because they don't match the description of the diet in the book. A little research shows someone else compiled the recipes for him. Well they are very high saturated fat which he says to avoid and contain a lot of the foods he says to eliminate. So you have to just follow his description of the diet and adapt the recipes to fit or come up with new ones.

This was probably amazing and ground breaking when it first came out. I like the science and research information on leptin and insulin resistance, and why carbs need to be restricted. I did not see much evidence on why the doctor includes the reduction of saturated fat in his plan--except for discussing grain fed animals passing the grain and saturated grain fat along to us. I guess it's a bit outdated, otherwise he would have discussed the benefits of grass fed meat and grass fed saturated fats like other low carb experts. He did say that saturated fat is what the body stores so don't keep adding the saturated fat to the body, and it's harder for the body to break down to use. Interesting take. He wants us to eat more nuts, olives, avocados. It was odd to me that he suggests nonfat cheeses. Also he includes soy and canola oil in his diet which now a days Paleo and low carb people exclude from their diets because of their known issues. I liked the recipes in there and daily meal plans as well.

Some eye-opening information on several dietary myths in the book. Dr. Rosedale's publication brings to light the long term health issues associated with the popular high protein diets and provides some solid recommendations on how to balance out your meals with the right amounts of fat, protein and carbohydrate. While there are some statements in the book about addressing heart disease, etc., I couldn't find anything in the publication nor on the web that validate his claims. If you're into Paleo or Primal, this book would be highly recommended as this is not written from a popular author's perspective, but, is instead based on the work of a doctor and scientist.

If you've never heard Dr. Rosedale speak I highly recommend you search out his lectures. His insights are profound and this book builds those insights into a foundation for good health. This book is timeless, which is hard to say of other diet books, because it combines ancestral dietary wisdom with modern dietary research. Understanding the main macronutrient sensing pathways is critical for good health (insulin pathway for carbs/glucose, leptin for fat, and mTOR for protein). These pathways give important instructions to your cells. To understand the importance of hormone signaling on genetic expression, consider that your gender is determined by the expression of a few hundred genes, whereas the last meal you ate caused thousands of genes to be expressed. It's genetic expression that governs all of the systems of the body. Dr. Rosedale explains these pathways and how keeping insulin, leptin, and mTOR levels low prevents disease. This can only be done by eating a high fat, low carb, moderate protein diet. Getting 70-80% of calories from healthy raw fats such as cold processed coconut oil, olive oil, and wild fish, restores proper hormone signaling and restores health. A great side effect is that you will be naturally very lean without

hunger. I highly recommend you read this book. It will change your life.

Good information for a Ketogenic Lifestyle. This will be your preference book if you want a flow of info and not a specific detailed approach to the background, science and daily eating details. I need more structure, and measuring has supported I eat enough fat and moderate protein while maintaining low-carb (20g or less per day). His approach is eat from the list when hungry. I will reach that point, but not until I reach my body-fat percentage goal, and slowly add carbs back to my diet to verify at what level I can maintain a healthy body fat percentage. This is in my top books for keto, but only because I have read other detailed books. I have several more to read, as of now my favorites due to the science and detail are "The Art and Science of Low-Carbohydrate Living" by Jeff Volek/Stephen Phinney and "The New Atkins for a New You" by Eric Westman/Jeff Volek/Stephen Phinney.

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