



The L.A. Shape Diet: The 14-Day Total Weight-Loss Plan

By David, MD, PhD. Heber

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From one of today's most respected diet and nutrition experts, a 14-day weight loss plan designed to help you change your shape for life, using a breakthrough personalised protein prescription that has worked for thousands of his patients.

The L.A. Shape Diet shows you how to analyse your body shape, personal protein needs, and metabolism and not only lose weight, but also to change your body shape.

Dr Heber maintains that everyone is born with a particular shape – and that this shape makes a huge difference in how you should approach weight loss. He teaches the difference between the shape you can change and the shape you can't, and helps you find the personal protein prescription to best achieve your goals. You can jump-start your plan with the Empowering Shake – the best way to make sure you meet your protein needs and control hunger – and then you'll build your own ideal diet, including vegetables and whole grains.

In a world of dietary fads and 'one-size-fits-all' pseudo-miracle diets, The L.A. Shape Diet is the most effective, easy-to-follow, scientifically sound dietary plan you'll find.

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The L.A. Shape Diet: The 14-Day Total Weight-Loss Plan By David, MD, PhD. Heber Bibliography

- Sales Rank: #477651 in Books
- Published on: 2005-04-26
- Released on: 2005-04-26
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, 1.03 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

From Publishers Weekly

The author of *What Color is Your Diet?*, Heber has an impressive resume: founding director of the UCLA Center for Human Nutrition, professor of medicine and public health, and the founding chief of the Division of Clinical Nutrition in the Department of Medicine at UCLA. If his previous book was based on the colors of visually appealing fruits and vegetables, his follow-up continues to take looks into account—this time of actual dieters. Proceeding from the extremely L.A.-friendly premise that "your personal shape determines a desirable amount and location of body fat for health and your happiness," Heber offers Body Mass Index tables for figuring out what type one is ("sarcopenic"? "over muscular overweight"?) and what one's corresponding protein intake should be. The "14-Day" part of the plan recommends that the first week's meals consist of "Shake-Shake-Meal!," or protein-enhanced shakes for breakfast and lunch, and a simple dinner of some lean fish or fowl and salad. Along the way, Heber tells readers "what is wrong with 'No-Carb' diets once and for all." He recommends a protein intake of "twice what is now recommended by government advisory groups," for which there are plenty of shake and supplement variations, described in an upbeat if somewhat brief (but never terse) manner. Recipes and exercise regimes round things out. Carefully grounded in research and in his experience treating obesity and nutrition issues, Heber's plan is a protein-enhanced Atkins alternative that may particularly appeal to vegetarians.

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About the Author

David Heber, M.D., PH.D., is at the cutting edge of medical research, investigating how nutrition and genes

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From reader reviews:

Ashley Mansfield:

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