



**Dr. Rachael F. Heller and
Dr. Richard F. Heller**

The Carbohydrate Addict's

FAT

C O U N T E R

The Revolutionary New Pocket
Guide from the #1 *New York Times*
Bestselling Authors



Carbohydrate Addicts Fat Counter

Barbara Kraus



Carbohydrate Addicts Fat Counter:

The Carbohydrate Addict's Fat Counter Rachael F. Heller, Richard F. Heller, 2000 The authors whose carbohydrate addicts program created a national stir after recent Oprah appearances release the first completely new approach to fat gram counting a fast easy to use at a glance format that will help readers stick to their diets All serving sizes are uniform High low comparisons list fats in descending order Helpful tidbits are also included

Carbohydrate Addict's Fat Counter (J-Hook Format) Rachael F. Heller, Richard F. Heller, 2000-01-01

The Carbohydrate Addict's Gram Counter Rachael F. Heller, Richard F. Heller, 1993-06-01 If you love to eat starches snack foods or sweets and have trouble stopping once you start you may be a carbohydrate addict Standard diets don't work for you simply because it's not a matter of willpower it's a matter of biology Offering much more than a standard gram counter this handy reference provides the special information carbohydrate addicts need on Calorie fat and carbohydrate counts of 2 700 foods Health and diet foods and over the counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out ethnic style for all your favorite foods Hundreds of vegetarian non meat and non dairy alternatives Low fat healthy heart food choices The Drs Heller have discovered what causes carbohydrate addiction and best of all how to help you correct it permanently and struggle free If you are a carbohydrate addict this little book contains information that is essential to your success

The Carbohydrate Addict's Calorie Counter Rachael F. Heller, Richard F. Heller, Dr Rachael F. Heller, 2000 The bestselling authors of books on carbohydrate addiction which surged in sales after their appearance on Oprah this fall release a revolutionary approach to calorie counting with this new book Alphabetized bar graphs allow readers to see at a glance which foods are lowest in calories High low comparison charts list calories in descending order The serving size lists are all uniform

[The Carbohydrate Addict's Healthy Heart Program](#) Richard Ferdinand Heller, Rachael F. Heller, Frederic J. Vagnini, 2000 Compatible with the American Heart Association guidelines The Carbohydrate Addicts Healthy Heart Program is a carb smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure high blood fat levels adult onset diabetes and heart disease without sacrifice and without deprivation WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICT'S HEALTHY HEART PROGRAM DR RACHAEL F HELLER show before and after photos of Dr Heller BEFORE AFTER BLOOD PRESSURE 220 120 110 70 TOTAL CHOLESTEROL 250 178 TRIGLYCERIDES 385 98 BLOOD SUGAR DIABETIC NORMAL WEIGHT 300 lbs 138 lbs HEART RISK RATIO HIGH RISK LOW RISK Are you a carbohydrate addict at risk for heart disease Take this quiz and find out 1 After eating breakfast are you hungry before lunchtime 2 Do you get tired in the middle of the afternoon and find that a snack makes you feel better 3 Do you eat or snack when you're really not hungry 4 Once you start eating snack foods or sweets is it hard to stop 5 Does stress exhaustion loneliness or boredom make you want to eat 6 Have you been told that you're overweight or have high blood pressure or adult onset diabetes Or do any of these disorders run in

your family SCORING COUNT YOUR YES ANSWERS 0 1 PROBABLY NOT CARBOHYDRATE ADDICTED 2 4 MILD OR MODERATE CARBOHYDRATE ADDICTION 5 6 SEVERELY CARBOHYDRATE ADDICTED **The Carbohydrate Addict's Diet** Rachael F. Heller, Richard F. Heller, 1993-03-01 After eating a full breakfast are you hungrier before it's time for lunch than you would be if you only had time for a cup of coffee Do you have a hard time stopping once you start to eat bread pasta or sweets Do you have a tendency to gain weight easily or if you lose weight to gain it back again If you answered yes to one or more of these questions you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates a compelling or recurring craving for starches snack foods or sweets Now Drs Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo yo syndrome permanently without deprivation based on the Hellers nine years of research thousands of case studies and their own personal victories over cravings and weight maintaining a 200 pound loss between them this healthful unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring food exchanges and calorie counting A daily Reward Meal along with wholesome balanced Complementary Meals fit easily into busy schedules restaurant meals holiday celebrations and vacations Filled with sound advice and effective strategies including wonderful recipes and menu plans this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight for life **The Carbohydrate Addict's 7-Day Plan** Rachael F. Heller, Dr Rachael F. Heller, Richard F. Heller, 2004-12 Staying on a low carb diet doesn't have to be hard If you'd like to reenergize and reinvigorate your Carbohydrate Addict's Atkins South Beach or other low carb diet here's your chance to get excited all over again with a plan that's easy to follow never boring or restrictive and that will have you losing weight again in a week You can use The Carbohydrate Addict's 7 Day Plan to return successfully to the low carb diet of your choice and stay on it for a lifetime

The Stress-Eating Cure Rachael F. Heller, Richard H. Heller, 2009-04-13 Drs Rachael and Richard Heller turned the diet world upside down with the spectacular success of the Carbohydrate Addict's books The Stress Eating Cure marshalls 10 years of cutting edge research to reveal that carb addiction was just the tip of the iceberg The Hellers offer a struggle free solution to stress eating for life You will discover that stress eating is not a matter of willpower it's a matter of biology experience the power of a big balanced breakfast to restore stress hormones to ideal levels enjoy the foods you love every day without counting measuring or limiting portions break free of cravings and hunger in 3 days lose weight without stalling at weight loss plateaus The Step By Step Plan and the Quick Start Plan make it easy to get hormones back in balance More than 50 satisfying comfort food and balancing food recipes get you started on your way to struggle free weight loss for life

Healthy Selfishness Richard Ferdinand Heller, Rachael F. Heller, 2006 Introduces a plan for a better healthier lifestyle that calls for a healthy selfishness that can be applied to such areas of life as friends family weight control money and work and that emphasizes a proper balance in every aspect of life **The 13th Apostle** Richard F. Heller, M.D., Rachael F.

Heller,2009-10-13 In the ruins of a medieval monastery the diary of a 12th century monk has been uncovered and the murders have already begun It is rumored the monk s writings offer clues to the whereabouts of a scroll dating back to the time of Jesus the creation of a hitherto unknown intimate who recorded the actual words of Christ Two people possess the combined skills to follow where the document leads American cybersleuth Gil Pearson and Sabbie Karaim former Israeli commando and biblical translator But what awaits them on their strange odyssey across the globe and through two thousand years of history is both an indescribable treasure and an unrelenting terror For all manner of zealots and devils are after the secrets they seek to own the power to destroy the world we know **The Carbohydrate Addict's Carbohydrate Counter**

Rachael F. Heller,Richard F. Heller,2000 With their many New York Timesbestsellers the Carbohydrate Addict s experts Drs Rachael and Richard Heller changed the way we think about dieting with smart sensible advice that ended the yo yo cycle of gaining losing weight Now they have created the easiest fastest most user friendly pocket diet guides with all the information you need to know about your favourite foods brands and restaurants [The Carbohydrate Addict's Lifespan Program](#)

Richard Ferdinand Heller,Dr Richard F. Heller,Rachael F. Heller,2001 The authors revolutionized the diet industry with their breakthrough research into the carbohydrate insulin connection the discovery that excess amounts of insulin in the bloodstream cause people to store more fat and crave starches snack food and sweets Their personalized LifeSpan plan was designed to meet the needs of the struggling dieter [The Carbohydrate Addict's Gram Counter](#)

Rachael F. Heller,Richard F. Heller,1993-06-01 If you love to eat starches snack foods or sweets and have trouble stopping once you start you may be a carbohydrate addict Standard diets don t work for you simply because it s not a matter of willpower it s a matter of biology Offering much more than a standard gram counter this handy reference provides the special information carbohydrate addicts need on Calorie fat and carbohydrate counts of 2 700 foods Health and diet foods and over the counter medications that can trigger carbohydrate cravings and weight gain Menu items from 14 national fast food chains Dining out ethnic style for all your favorite foods Hundreds of vegetarian non meat and non dairy alternatives Low fat healthy heart food choices The Drs Heller have discovered what causes carbohydrate addiction and best of all how to help you correct it permanently and struggle free If you are a carbohydrate addict this little book contains information that is essential to your success [The Carbohydrate Addict's No Cravings Cookbook](#)

Rachael F. Heller,Richard F. Heller,2005 Low carb diets have transformed the way America eats but staying on them presents two common challenges cravings and boredom Drs Rachael and Richard Heller known for over twenty years as the Carbohydrate Addict s doctors have helped millions of people achieve weight loss success in their low carb diets Now developing two hundred exciting all new recipes they present a one of a kind cookbook that asks readers specifically what they re hungry for Organized by thorough lists of longings from hot and spicy to cool and refreshing The Carbohydrate Addict s No Cravings Cookbookemphasizes on the spot satisfaction that will reinvigorate every low carb dieter on any program Each of these selections is truly low carb with six grams of carbohydrates or less per serving

and none of the recipes require special low carb brand food obscure ingredients or sugar substitutes Desperate for a real Italian dinner Try Chicken Parmesan Romana Hankering for heat Flaming Shrimp Portobello is fiery and delicious Craving crunch Crisp and Crackly Cheese Crackers provide the right snap Keeping readers motivated the recipes in The Carbohydrate Addict s No Cravings Cookbook address individual palates in an energizing new way This is the ultimate cookbook for winning the fight against carbohydrate temptation reaching and maintaining your ideal weight and reviving the pure pleasure of eating

Healthy Joints for Life in Just 8 Weeks Richard Diana, 2014-01-28 Learn to reduce joint pain and inflammation while avoiding surgery and medication with this proven eight week program In this groundbreaking book leading orthopedic surgeon and former NFL player Richard Diana M D applies his unique experience and training to tackle the problem of joint pain Dr Diana draws on cutting edge research to provide a comprehensive eight week program proven to reduce inflammation relieve pain and rejuvenate your joints at the cellular level THIS VOLUME INCLUDES An accessible overview of the science behind joint pain and inflammation Which delicious foods reduce inflammation Simple exercises tailored to your ability The right supplements to help increase your mobility

Living the Low Carb Life Jonny Bowden, 2004 This comprehensive guide cuts through the confusion showing dieters how to choose and customize an effective low carb plan for their own metabolisms and lifestyles

LOW Carb Dieting Secrets Sonia Wings, 1901 To help with weight issues and for overall improved health many people turn to diets In fact government statistics show that while about 65 percent of Americans are overweight 38 percent are actually doing something about it And according to a recent survey by the National Health Institute about a third of overweight Americans who are trying to lose weight are doing so by eating less carbohydrates carbs largely because of the increased popularity of fad diets like Atkins Diet and the South Beach Diet Although there have certainly been other low carb or low sugar diet plans before and more will most assuredly come out in the years ahead let s take a look at the basics behind many of the major plans And let s take a look at how they fit into the real world today Because while it might be great to lower the body s sugar content and be healthier wouldn t it be great to learn how to do so while being part of this fast paced world In the world of instant messaging quick Internet interaction and the already multi faceted day to day hectic schedules dietary food budgeting planning preparing and shopping are issues that can become major sources of stress and reasons for dieting failure Dual income families on the go and other super busy wage earners and dieters often already suffer from more than their share of everyday stressors like fears of being laid off their jobs being relocated or terminated juggling more than one job dependents both elderly and minors and trying to fund and juggle continuing education into their lives budgets and daily routines People want and need simpler solutions And they need simpler dieting plans Forget spending mega bucks on gourmet hard to find items Forget spending hours just to prepare meals And forget counting measuring and weighing ingredients Either a low carb plan fit into real world lives or it doesn t First we ll take a look at some basic terms and definitions to help understand the science behind lowcarb plans Let s see how

many of the major players plans measure up Note that the contents here are not presented from a medical practitioner and that any and all dietary planning should be made under the guidance of your own medical practitioners This content only presents overviews of low carb research for educational purposes and does not replace medical advice from a professional physician [Carbohydrate Addict's Fat Carbohydrate Counter \(J-Hook Format\)](#) Rachael F. Heller, Richard F.

Heller, 2000-01-01 **The Secret to Low Carb Success!** Laura Richard, 2002 In this well researched and informative book the author discusses all the major carbohydrate diet programs and guides readers through the benefits and pitfalls of each showing exactly how to create a low carbohydrate lifestyle Includes tips on how to speed weight loss and break plateaus advice and personal success stories tips on how to harness the power of the Internet and more **Barbara Kraus' Calories and Carbohydrates** Barbara Kraus, 2001 A dictionary listing of over 8 500 brand names and basic foods with their calorie and carbohydrate counts Includes the latest food items and new products

Delve into the emotional tapestry woven by in Dive into the Emotion of **Carbohydrate Addicts Fat Counter** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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