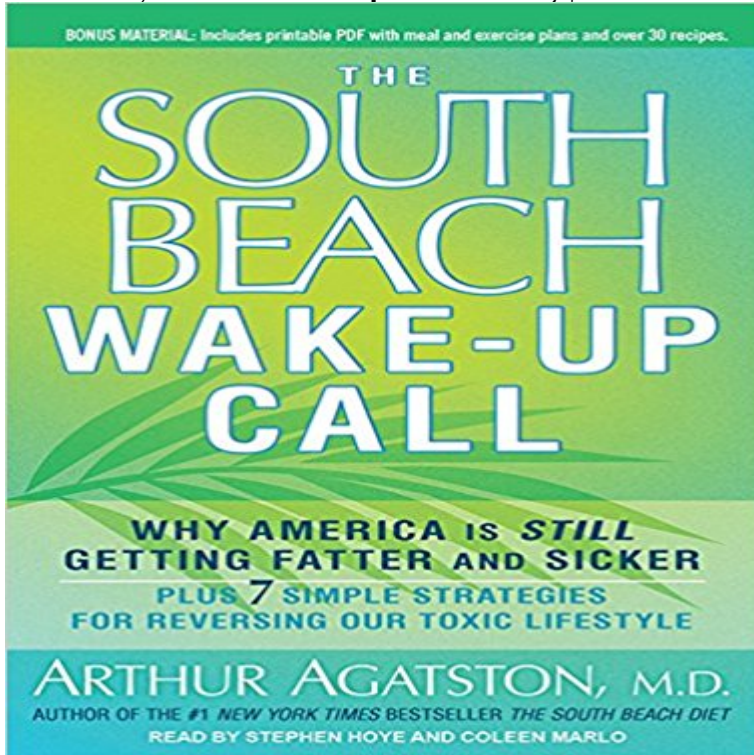


The South Beach Wake-Up Call: Why America Is Still Getting Fatter and Sicker, Plus 7 Simple Strategies for Reversing Our Toxic Lifestyle



There is a proverbial ticking time bomb in our midst. Its the toxic lifestyle that is wreaking havoc on our nations health and well-being and posing an equal threat to everyone from the very young to the very old. In todays fast-food-obsessed, couch-potato culture, two-thirds of all adults and one-third of all children are either overweight or obese, rates of diabetes and heart disease are soaring, and the future for many of us looks dismal. The time for a transformation is now, and one of the leading agents of change is renowned cardiologist and creator of the South Beach Diet Dr. Arthur Agatston, who is determined to reverse Americas failing health profile. After explaining how we got to this sorry state, Dr. Agatston introduces his Toxic Turnaround. This empowering program provides realistic strategies and tools everyone can use to shop, cook, eat, and exercise better-improving the family table, getting quality sleep, reducing stress, and making our homes and communities healthier. Informed by cutting-edge research and the tenets of a diet that has already changed the way America eats, this book goes to the next level, providing a blueprint for all Americans to make positive and sustainable lifestyle changes that will not only improve their own health but that of generations to follow.

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