



# The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look

By Connie Guttersen, Mark, M.D. Dedomenico

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**The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look** By Connie Guttersen, Mark, M.D. Dedomenico

All You Need is Love: From the *New York Times* best-selling author of *The Sonoma Diet* and the acclaimed medical director of 20/20 Lifestyles—one of the country’s most successful weight loss clinics—comes the revolutionary plan that will forever change the way you feel about food, yourself, and how you look.

According to doctors Connie Guttersen and Mark Dedomenico, the secret to successfully losing weight isn’t HDL, LDL, or DNA. It’s LOVE: loving yourself, loving your body, loving your overall health. Self-doubt and self-loathing are responsible for our dysfunctional relationships with food and our destructive health habits, which inevitably lead to poor nutrition, unwanted weight, and dangerously low self-esteem. Learning to recognize your own worth is the first step to finding the waistline—and the life—you deserve.

Drawing on their revelatory research, the latest science on nutrition and weight loss, and thousands of patients’ accounts, Dr. Guttersen and Dr. Dedomenico have developed the Love Diet, an accessible, practical, and proven plan to transform your body, emotionally, mentally, and physically, from the inside out.

*The Love Diet* includes:

- 21 days of meal plans for breakfast, lunch, snacks and dinner, based on ideal nutrient distribution and nutritional strategies for both men and women;
- Illustrated “power pairings” for feel-good meals and easy-to-manage portion control;
- Anti-inflammatory diet strategies to limit the metabolic syndromes of obesity;
- Low-glycemic meals specifically designed to optimize your body’s blood sugar level, decrease cravings, improve energy, and promote weight loss;

- Micronutrient information related to the science behind the “gut-brain connection.”

Combining good nutrition with positive emotional reinforcement, *The Love Diet* can deliver sustained weight-loss and radically transform you mind, body, and soul.

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### Editorial Review

#### Review

This is an informative, comprehensive, and practical resource by two experienced medical nutrition practitioners. It offers step-by-step advice to help the reader transform unhealthy, self-defeating habits and mindsets to maintain a way of life that honors oneself. (**Lilian Cheung, D.Sc., R.D.** Director of Health Promotion & Communication, Department of Nutrition, Harvard T.H. Chan School of Public Health, Co-author of *Savor - Mindful Eating, Mindful Life*)

“More than just a diet guide, this book presents a comprehensive plan for lifestyle changes. What sets this book apart from the deluge of other diet books on the market is its long-term focus on lifestyle and behavioral changes and on learning the importance of self-respect.” (**Publishers Weekly**)

#### From the Back Cover

“The answers to your dieting dilemma reside inside of you, not on the outside. And if there’s a tiny voice inside your head right now saying, ‘But I’m not worth it,’ it’s even more important for you to follow this program—not only are you worth it, you deserve to be free from the prison of weight problems.”—from the Introduction

Learning to recognize your own worth is the first step to finding the waistline—and the life—you deserve. Drawing on their revelatory research, the latest science on nutrition and weight loss, and thousands of patients’ accounts, Dr. Guttersen and Dr. Dedomenico have developed *The Love Diet*, an accessible, practical, and proven plan to transform your body—emotionally, mentally, and physically—from the inside out.

Overcome the causes of failed diets, sabotaging emotional relationships with food, and your own destructive health habits with proven nutritional strategies that have been used for over twenty years at the 20/20 LifeStyles Clinic, a medically based weight-loss clinic.

Treat your body like it belongs to somebody you love

According to Dr. Connie Guttersen and Dr. Mark Dedomenico, the secret to successfully losing weight isn’t HDL, LDL, or DNA. It’s LOVE: loving yourself.

The Love Diet combines:

- Delicious, nutritious, and easy-to-follow recipes with a clinically proven approach
- A Seven Stage, customizable eating plan, personalized to work best for your body
- 21 days of meal plans based on the optimal nutritional strategies for both women and men
- Illustrated guides for portion control and balanced nutrient plans designed to decrease cravings, improve energy, and promote weight loss

“This is an informative, comprehensive, and practical resource by two experienced medical nutrition practitioners. It offers step-by-step advice to help the reader transform unhealthy, self-defeating habits and mindsets to maintain a way of life that honors oneself.”—Lilian Cheung, director of the Health Promotion & Communication Department of Nutrition at the Harvard T.H. Chan School of Public Health and coauthor of

## About the Author

Connie Guttersen, R.D., Ph.D., is the *New York Times* bestselling author of *The Sonoma Diet*, a registered dietitian and nutrition instructor at the world-famous Culinary Institute of America, and has consulted with a broad range of corporations and Fortune 500 companies. She lives with her family in Northern California.

Mark Dedomenico, M.D., is the founder and medical director of the renowned 20/20 LifeStyles program. A former cardiovascular surgeon, he has done extensive research in the field of metabolic disease control and weight management to correct metabolic disorders without medication. He lives in Seattle, Washington.

## Users Review

### From reader reviews:

#### **Ethelyn Allen:**

Here thing why this The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look are different and dependable to be yours. First of all reading a book is good nonetheless it depends in the content than it which is the content is as scrumptious as food or not. The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look giving you information deeper including different ways, you can find any publication out there but there is no e-book that similar with The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look. It gives you thrill reading through journey, its open up your personal eyes about the thing in which happened in the world which is probably can be happened around you. You can easily bring everywhere like in park, café, or even in your technique home by train. Should you be having difficulties in bringing the branded book maybe the form of The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look in e-book can be your alternative.

#### **Elizabeth Jamerson:**

A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. When you did not have enough space to create this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book features high quality.

**Timothy Montgomery:**

Reading a book for being new life style in this season; every people loves to learn a book. When you go through a book you can get a lot of benefit. When you read books, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, this kind of us novel, comics, along with soon. The The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look will give you a new experience in reading a book.

**Tina Wilson:**

That guide can make you to feel relax. This book The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look was bright colored and of course has pictures on there. As we know that book The Love Diet: A Personalized, Proven Program That Changes the Way You Feel to Transform the Way You Look has many kinds or type. Start from kids until adolescents. For example Naruto or Detective Conan you can read and think you are the character on there. Therefore , not at all of book are generally make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that will.

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