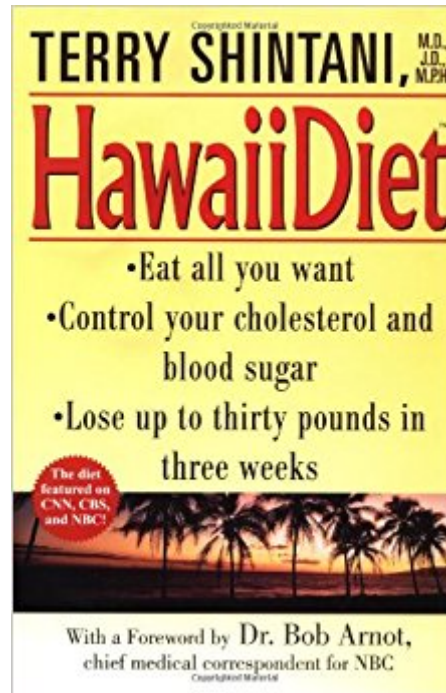




The book was found

# Hawaii Diet



## Synopsis

Finally, an all-you-can-eat weight loss program that really works. (Lose up to 30 pounds in three weeks with no calorie counting!) "HawaiiDiet(TM) " The phenomenal new weight loss program that has swept the Hawaiian Islands is now available to you! Created by a medical doctor and used by the state's governor and other community leaders, this unique program combines the ancient wisdom and health secrets of the Islands with the latest nutritional breakthroughs. The result is an all-you-can-eat program that produces steady, lasting weight loss and dramatic health benefits. Here are just some of the elements that make the HawaiiDiet incredibly effective: No calorie counting or portion restriction Foods that actually promote weight loss Up to a 30-pound reduction in 21 days Lowered cholesterol and triglycerides Lowered blood pressure A boosted energy level (you'll want to take on the world!) A fresh perspective that will help you stay healthy for a lifetime Dozens of exceptionally delicious recipes that will make mealtime an unprecedented delight Dr. Shintani's step-by-step process shows you how to use the power of your mind and spirit to achieve your weight loss and health goals. He also introduces you to the revolutionary Shintani Mass Index, a remarkably easy way to evaluate the weight loss effect of foods and to choose those that help you burn fat. Plus, you'll get the complete Three-Week Menu Plan, which includes 21 days of daily menus and loads of recipes that make this diet a gourmet pleasure. Don't miss "Hula Grill's Ginger Pineapple Chicken," magnificent in a stir-fry sauce....spicy, full-flavored "BarbecuedBaked Beans..."or hearty, filling "Chunky Two-Bean Chili," a favorite that's even better the next day. Seize this chance to return to the source of good health with a program that works with nature and time-tested knowledge to bring your body and soul into balance. The HawaiiDiet(TM) is a groundbreaking way of eating that will help you align your physical and spiritual health for a renewed, re-energized life.

## Book Information

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## Customer Reviews

The Hawaii Diet appears to be another fad diet waiting to crash the bestseller list. It has a hip name, a celebrity endorsement, and alluring terminology, and it makes outrageous claims, including, "Eat all you want" and "Lose up to 30 pounds in three weeks." To its credit, it advocates a low-fat, high-fiber, almost-vegan eating plan (the type of diet that has been shown to help lower cholesterol), but few people will lose weight when allowed to live high on the hog, calorie-wise. The Hawaii Diet is based on Dr. Terry Shintani's Mass Index of Food (SMI), based on the number of pounds of a given food it takes to provide a day's worth of calories. The idea of the diet is to eat foods with a high SMI, such as celery (SMI=32.8), lettuce (SMI=39), and papaya (SMI=31.2) and avoid foods (some of which can still be part of a healthy diet) with a low SMI, like peanuts (SMI=0.9), bacon (0.8), and butter (SMI=0.8). To help you follow the plan, Shintani includes meal plans, recipes, and tips on how to make the diet work best for your eating habits, plus six ancient Hawaiian spiritual principles that are meant to enhance your Hawaiian Diet experience. While you will probably lose weight on the Hawaii Diet, some people may find it hard to follow, especially because the SMI is given for less than 200 foods. There are definitely better weight-loss books on the market, such as The 20/30 Fat and Fiber Plan. --Ellen Albertson

Herman Aizawa, Ph.D. I lost 35 pounds in four months without counting calories. In the first three weeks my cholesterol was reduced by 103 points. -- Review

Recipes are easy to prepare with ingredients found in most supermarkets, whole foods and/or health food stores. Very little use of salt/refined sugar. Honey & maple syrup used as sweeteners, fresh garlic, ginger and herbs frequently used to season recipes. Appendix two, Dr. Shintani's Mass Index of food [SMI] on page 271 was the most helpful when deciding which 'personal favorite' ingredients to use when looking for a recipe. Benefits of eating fresh, tasty meals have been weight loss, lower blood sugar levels, lower 'bad' cholesterol and higher 'good' cholesterol levels and increased energy level.

Dr Shintani has the right diet for you, if you are from Hawaii. He knows what the islanders eat, and following his diet is easier as he is aware of what is available on the island.

I bought this book for my father because he needed a diet he could follow. In his own words, "I eat like a pig" and he is STILL losing weight. Since he started following the Shintani plan two months ago, he has lost a whopping 40 pounds and is healthier than he has ever been in his life. I myself have eaten the foods prescribed (and recipied) in the book and found them to be tasty and satisfying. The foods are based on food we eat all the time here in Hawaii, so being on this diet is not like giving up the kinds of food we love to eat. May not be suitable for everyone's palate (but what diet really is?), but I have found it a wonderful way to get healthy.

The Hawaiian diet is basically eating fresh fruits and veggies, no processed foods and one can lose weight and get healthy. If you want terrific poi, eat the Hanalei brand! And who wouldn't feel healthy eating fresh Hawaiian papaya, pineapple and mangos.

Very interesting book..I should know how to eat right..After leaving Hawai'i, I became one of those fast food people..Working different hours of the day and nights..Does mess up ones eating pattern. .

Great book. Gives reasons why diet works and sites culture's eating habits that prove longevity and health. Lots of great recopies. I am 5'4" and weighed 155 lbs. and was running a BP of 140/84. I began eating more healthy, as the book talks about, but was not as strict (I did eat red meat once a week). I lost 15 lbs in about a month. Now it is going off a little slower, but I feel so much better and my blood pressure is normal!

Enjoyed reading this book.

I learned a lot from this book makes it simple for you To understand follow 21 day diet you will be success

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