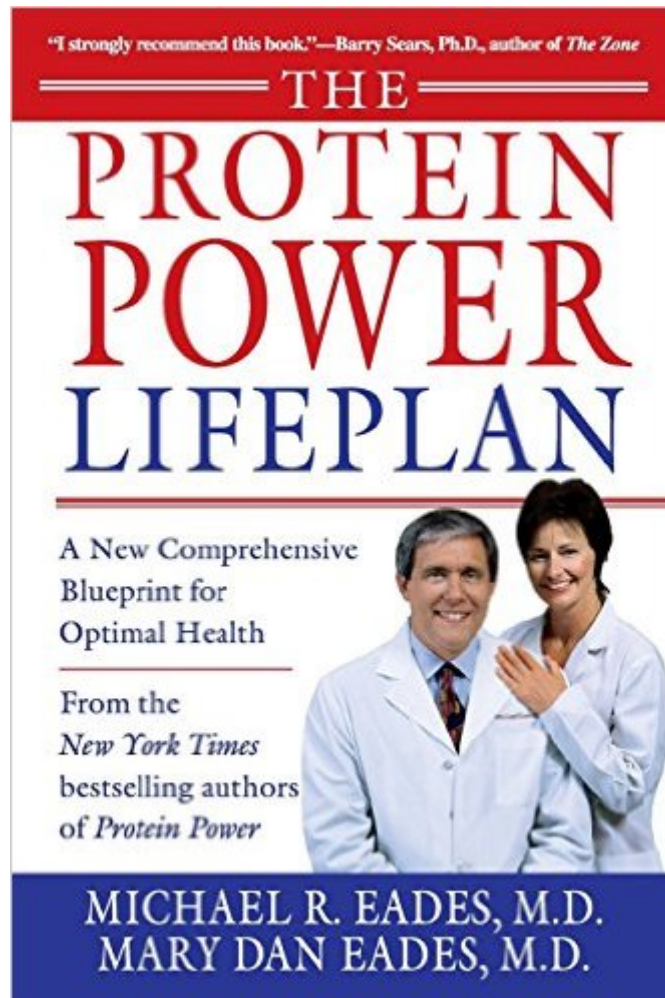


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# The Protein Power Lifeplan



## Synopsis

The authors of Protein Power are back to advocate the "protein-rich, moderate-fat, carbohydrate-restricted diet" that opposes the high-carbohydrate, low-fat diet that every professional medical and dietetic organization (including those who have no diet books to sell) believes to be your best bet for avoiding heart disease, the number one killer. The authors insist, in the face of all this medical opposition, that "the whole idea that fat and cholesterol cause heart disease is just that: an idea." We're meant to be hunters, say the authors: bring on the meat. Let's go back to the Paleolithic diet (no mention of the brief life span of Paleolithic men and women). The Protein Power Lifeplan is not easy reading--most of the book is made up of scientific explanations, research summaries and interpretations, and nutritional warnings--but no recipes. Besides recommending eating protein and fat, the authors recommend sunbathing without sunblock (but "never, never let your skin burn!") and exercises such as "bringing home the buffalo" and "defending the camp." The authors admit that if you're trying to lose weight, you have to limit calories, but if you're not, you can "munch on nuts, seeds, nut butters, cheeses, jerky, guacamole, and olives all day long." Carbohydrates, say the authors, "are totally nonessential to your health and well-being"--words to make dieticians and cardiologists shudder.

## Book Information

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## Customer Reviews

Drs. Michael and Mary Dan Eades follow up the runaway success of their first book, Protein Power, with another avalanche of evidence that the conventional low-fat, high-carb diet is a huge failure. Instead of simply rehashing material from their first book (as many diet authors do), the

Eades expand on the Protein Power concept to help improve long-term success on it. From a fascinating trip through the human digestive system, to new, damaging information about artificial sweeteners, this book will forever change the way you think about the power of food. For high-carb pundits who think humans have always been grain-eaters, the Eades' chapter on the latest paleopathological research settles the argument once and for all...we were hunters (and gatherers, but only on occasion) and our bodies are designed to thrive on protein and good fats. The chapter on sunlight is also refreshing...shedding new (pardon the pun) light on its healing powers when used correctly. Read this chapter before you put on sunblock again. In addition to these and other fascinating chapters on health, the doctors also have refined the Protein Power Plan itself. Anyone who says protein diets are too limited and boring need to read this new book. You'll see that the food choices are quite varied, and you don't have to be a dietary extremist to thrive on the plan (unless that's your choice). I've been on it for over 2 years---it's done wonders for me. The book gets technical at times, but the effect is more engrossing than boring, I assure you. The summaries at the end of each chapter help condense the content into laymen's terms for quick reference. The writing is on the wall.

Dr. Michael Eades and Mary Dan Eades, M.D.'s have written a follow-up to their popular "Protein Power" published in 1995. The Eades are a husband-and-wife team that has a joint practice where they dish out the same advice as in their books - that of a restricted carbohydrate diet. But unlike the much more popular Dr. Atkins Diet, the Eades concentrate much more on gaining the best nutritional bang for your buck. Like their first book it is well organized with helpful summaries of each chapter, but it also delves into different subjects like exercise, meditation and even sunbathing. "Protein Power Lifeplan" is not simply a diet book, but more of a nutritional and health philosophy. The Eades underline their main low-carbohydrate philosophy throughout the book, which, for the uneducated goes something like this: it is not fat that makes us fat, gives us diseases like diabetes, heart disease, high blood pressure, etc. Rather it is sugar. Starches, since they are basically the same thing as sugar (just chained together and easily broken into their component sugars in the digestive process), are counted as well. The Eades describe how the body produces the hormone insulin when carbs are ingested. The more carbs we have in our diet, the more insulin is produced. Insulin is used by the body to remove sugar from the bloodstream, where it can cause harm. Unfortunately, the insulin that removes it can also cause harm in excessive amounts. In addition, when exposed to these large amounts of insulin, the body slowly becomes more and more resistant to the hormone and the body has to produce more of it to have the same effect, so it is a

vicious cycle. The end of this cycle results when the body is so resistant that it simply can't produce enough and adult onset diabetes occurs.

As a nutritionally oriented sports surgeon and antiaging specialist, I was quite interested in reading "The Protein Power Life Plan" (PPLP) , Drs. Michael and Mary Eades follow-up to their excellent first book "Protein Power". The cover states that PPLP is "A New Comprehensive Blueprint for Optimal Health" which seems a bit of a tall order from some diet docs! Like several other current books, the Eades base their "Paleolithic Diet" on the concept that our ancestors were omnivores (ate both meat and vegetables) and skilled hunters. "We have evidence tracking back 3 million years for meat eating by our ancestors and at least a five-hundred-thousand year history of skillful hunting." The introductory chapter "Man the Hunter" is, in my opinion, the best work to date in the popular press to explain to us the history of how our paleolithic ancestors ate. In fact, THIS CHAPTER IS WORTH THE PRICE OF THE BOOK. "While we can subsist on grain-based diets, we don't as a species thrive on them..."The book then follows with successive chapters on insulin resistance and metabolic syndrome, fat metabolism (understanding the difference between good fats, neutral fats, and bad fats), cholesterol, antioxidants, leaky gut, iron excess, the importance of sunshine to health, `calisthenics for the brain", exercise and their diet. This book is VERY WELL written and contains a WEALTH of up to date scientific information (more then many doctors know). In my opinion it is the best general health book currently on the market, and, for people who are at their appropriate weight, would be #1 on my recommended reading list. But this book is not just about scientific stuff- it is filled with practical good ideas and recipes that are easy to incorporate into your every day life.

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