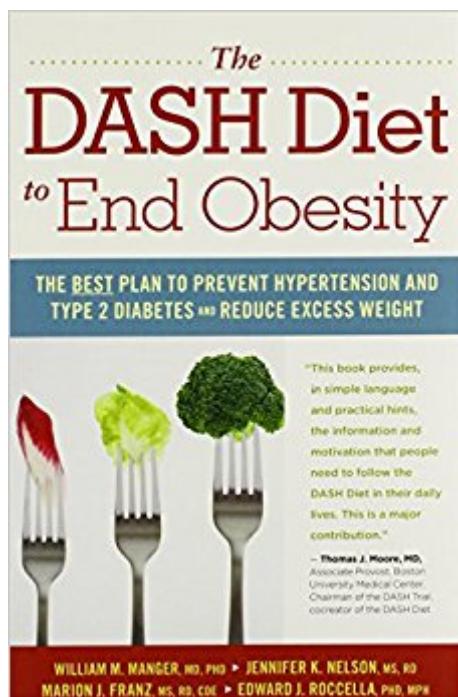


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# The DASH Diet To End Obesity: The Best Plan To Prevent Hypertension And Type-2 Diabetes And Reduce Excess Weight



## Synopsis

Called the "good nutrition bible" by one reviewer, *The DASH Diet to End Obesity* is the ultimate guide to common sense-lifestyle changes that will improve the health of the entire family. With a special emphasis on prevention, this book is written for parents, teachers, and anyone concerned about protecting themselves and their children from the health risks of obesity. This book is the most comprehensive guide to the DASH diet plan yet published. **DASH® - Dietary Approaches to Stop Hypertension** - was first formulated to combat hypertension (high blood pressure). But numerous studies have shown that the eating plan is also useful for dealing with excess weight, abnormal blood fats, Type 2 diabetes, and other health concerns. The DASH diet has soared in popularity because not only does it allow people to take charge of their own health and that of their families, they can do it while eating delicious food. The plan emphasizes seasonings, spices, healthy oils, fruits, vegetables, nuts, and other flavorful food choices. But unlike a mere recipe book, *The DASH Diet to End Obesity* explains the science and psychology of how to find success with the DASH approach. Author Dr. William Manger and his three distinguished colleagues have crafted a reader-friendly book geared to motivate people to make healthy, informed changes in their daily lives. The book offers in-depth information about fats, cholesterol, vitamins and minerals, omega-3 fatty acids, fiber, and more. An entire section is devoted to the role of salt and the dangers of consuming too much salt, especially for people who are overweight. The book also contains a special chapter about eating for the management of diabetes. Not only do the authors present a lot of information in an accessible tone, they provide detailed descriptions of how to incorporate this knowledge into every meal with memory strategies, charts, and quick tips. The DASH eating plan is not just a diet, however, and the book covers the importance of sleep, physical exercise, and staying psychologically motivated. The authors also dissect the reasons other diets fail, and discuss the risks and benefits of other methods of weight loss, including surgery and weight-loss drugs. This book represents the life work of the four prestigious authors; it is not a jump-on-the-bandwagon response to the recent popularity of the DASH diet. Dr. William Manger has been such a proponent of the DASH lifestyle that he has founded an organization that teaches the eating plan to young children in schools. Medical researchers and experts today are saying many parents could outlive their children because of runaway childhood obesity. This is the scenario *The DASH Diet to End Obesity* is dedicated to reversing.

## Book Information

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## **Customer Reviews**

Sensible & healthy eating plan to not only lose weight, but put the brakes on high blood pressure as well. My doctor applauded me when I told him I was following the DASH Diet.

Easy to read and understand.

Easy to read and complete

Good book

Typical diet plan. Nothing really new or enlightening -- just like the American Heart Association or American Cancer Society's diets.

The Dash Diet to End Obesity will sadly be the first diet/health/nutrition book I've read to earn a very low rating. It's frustrating to rate a book like this so low since the authors clearly have the right goal in mind (healthier America) and more than enough experience to back that up. However, the book's information reads very much like a surgeon general's nutritional guide - from the 1980s. "Facts" and assertions are thrown out everywhere with no footnotes, citations or even evidence to give credence/verification of their veracity versus author opinion. And the book continually contradicts itself. The topics are scattershot, overly repetitive, and there is very little meat to the book once you get past the endless 'facts.' In all, I just didn't find anything current, relevant, or useful here. Note that: Since I've received an advanced review copy, some of the quotes in this review may change

by publication date. The book has several areas of focus: the first few chapters are pretty much endless strings of "this is how bad the obesity problem is in America." It reminded me very much of the scare tactics used in the old Driver's Ed classes in High School where they show mutilated corpses in traffic accidents. I've read several health/nutrition books in the last year that stated facts effectively (E.g., the The Doctor's Diet: Dr. Travis Stork's STAT Program to Help You Lose Weight & Restore Your Health) but none as gratuitously cited as in this book. But even more problematic is when the authors make so many statements, statistic, study results, etc., but without noting the sources. Yes, I can believe that Europe is now fatter than the US in terms of per capita - but can I at least know if the study that stated that is reputable? The next few chapters are about the DASH diet (Dietary Approaches to Stop Hypertension) - repeatedly touted as 'the best diet plan ever'. Indeed, we have grandiose quotes such as, "Most health and nutrition experts agree that the DASH eating plan is the healthiest ever recommended" and chapter 4 is titled, "The Dash Diet: The Best Eating Plan." Even sillier: "The Dash Diet is recommended by physicians" is stated inanely. If you have to state over and over that you're the best, you probably aren't. If you state "xx recommends it", you make yourself sound like you are hiding something (e.g., 1 doctor out of 4,000 can say they recommend it - does that mean MOST doctors recommend it? No.). The last few chapters are miscellany - 30 pages to tell you salt is bad, Dash can help with diabetes, and lashing out at outdated diet plans (Atkins, Pritikin, South Beach, etc.) with no mention of current diets such as Paleo or discussions of very topical themes such as What Belly. I didn't see anything in the book that was topical from the last five years. And therein lies a lot of the problem I had to the book - it felt like it was written by some stuffy, ready to retire professors who did not have an inkling of what is going on in the nutrition world in 2014 and were deciding to rewrite the government food pyramids of the 1980s. E.g., the book makes sketchy and odd recommendations such as: if you are obese, go get surgery now, take lots of different vitamins, become an obsessive calorie counter, eat carbs regardless of type since they all pretty much act on the body in the same way, drink diet sodas, avoid eggs because of cholesterol, eat breads and pastas, only drink skim milk (all fat is bad, including nuts, according to the book), fruit juices are great and perfect for kids (don't worry about fructose, they have antioxidants because they are from fruits), etc. Nothing is discussed about some of the superfoods we keep hearing about: kale, nuts, legumes, etc. It is a very, very, generic look at nutrition, when you finally get past all the chapters of unsubstantiated facts and studies. If a source of a study was cited, it was often a government body. I found that hardest to swallow considering all has been written lately (Food Inc, etc.) about the conflict of interest in government nutritional agencies (one excellent source I read last week, The Calorie Myth: How to Eat More, Exercise

Less, Lose Weight, and Live Better, had startling facts (with footnotes) citing how nearly every person serving on government committees works for big food companies and has a huge conflict of interest as a result). This book, therefore, really feels like a cop out - like the authors are avoiding making any corporate food companies angry with them. The book avoids making any strong claims about the role of the food industry - overeating is clearly people's fault and several times it is stated that we can control our obesity simply by watching what we eat (just as hoarders don't have emotional issues and are just lazy, clearly the authors feel that obese people have no emotional issues behind their overeating and are just gluttonous and lazy. It's noted several times that obese people are just lazy and sedentary and that's the root of all their problems. I really resented how many times the authors said that obesity can be cured simply by eating less - without any regards to the emotional, psychological, age, and hormonal issues that make "just eat less" an impossible and defeating goal. I half expected the authors to suggest that we continue to ridicule the fat as well to shame them into eating less. But then again, it seems a lot of the book already did that obliquely by suggesting obese or fat individuals were too stupid to just 'eat less'. Also problematic was how the book contradicted itself often. E.g., on one page, the authors note, "However, weight gain on a vegetarian diet can occur if you eat very large portions of fruits and vegetables..." but then a page later, the authors state, "Consider eating a large volume of food if it is low in calories; this will help you feel full and curb your appetite." A few pages later, "The healthiest snacks are fresh fruits and vegetables because they are low in calories and high in nutrition." So which is it? Should we eat a lot of fruits and vegetables to lose weight or will it cause us to gain weight? The book also makes some very strange assertions. E.g., "One of the shortcomings of most weight-loss diets, except the DASH eating plan and the Pritikin diet, a very low-fat diet that was popular in the 1980s, is that none of them mention or stress the importance of limiting the use of salt." Really? I thought it was that those diets didn't address emotional eating, hormones, or long term maintenance problems. Or, another issue such as suggesting that kids drink a lot of fruit juice (which EVERY other nutrition book suggests is bad for kids due to the lack of fiber and acting like liquid fructose sugar): "Interestingly, some evidence indicates that children who consume fruits and vegetables daily have healthier arteries in young adulthood than those who eat fruits and vegetables less than twice a month. See Table 4 for a brief list of some antioxidant-rich foods and the protection against disease they may provide, but note that these claims are only suggested, not established." So not only are we given a claim that isn't footnoted or substantiated, but we're also given advice that the authors admit may not be accurate. And curiously, advice that goes against most current considerations about the problems with fruit juice and kids' health. Topics are all over the place: first it's about

children and the obesity problem. Then its about the Dash Diet being the greatest thing to come along ever in the diet scene. Children are barely ever mentioned again after all those pages of statistics about them. As well, there really isn't an actual diet - just suggestions for what to eat in the morning, noon, night (e.g., 1 egg, 1 small cereal in the morning). It took up...a few pages? After all that build up - just a few table suggestions.I really feel that so much of the book is outdated. Just the statement that weight loss and health is as simple as this quote: "For now, most experts still agree that weight loss depends on reduced calorie consumption and increased calorie burning rather than on a particular diet composition. To lose excess weight, you must eat fewer calories than what you have been consuming and you should burn more calories through physical activity". That just seems so shallow an approach to the problem of obesity. For one, I'd like to know WHO those experts are and why the author can make such a cavalier statement about weight loss. And secondly, we know there is so much more going on behind the cravings. How many people really overeat just because they are too stupid to count calories?The book is 75% statements and unsupported facts about obesity. 15% about the DASH diet itself (actual diet recommendations and more rhetoric to support that it is the 'greatest diet' ever). And then the rest is info about diabetes, salt, fitness topics (salt in pages after pages of detail and then a couple pages of fitness and diabetes).This is a rather long review because I hate to slam a book covering topics that need to be addressed today. As well, I am not a nutritionist or health person and that's why the lack of supportive evidence bothered me - I don't want to have to take anyone's word for a subject. Every other diet/nutrition/health book I've read in the last year, whether it focused on Serotonin, emotional eating, superfoods, etc., - ALL made a point to have copious references and citations for all statements.In the end, I found neither motivation, support, encouragement, or interest to follow the DASH diet. It's a drily written, unappetizing melange of info that feels like a government report from two decades ago. And well, it has a food pyramid! Welcome to 1988.Received as an ARC from the publisher.

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