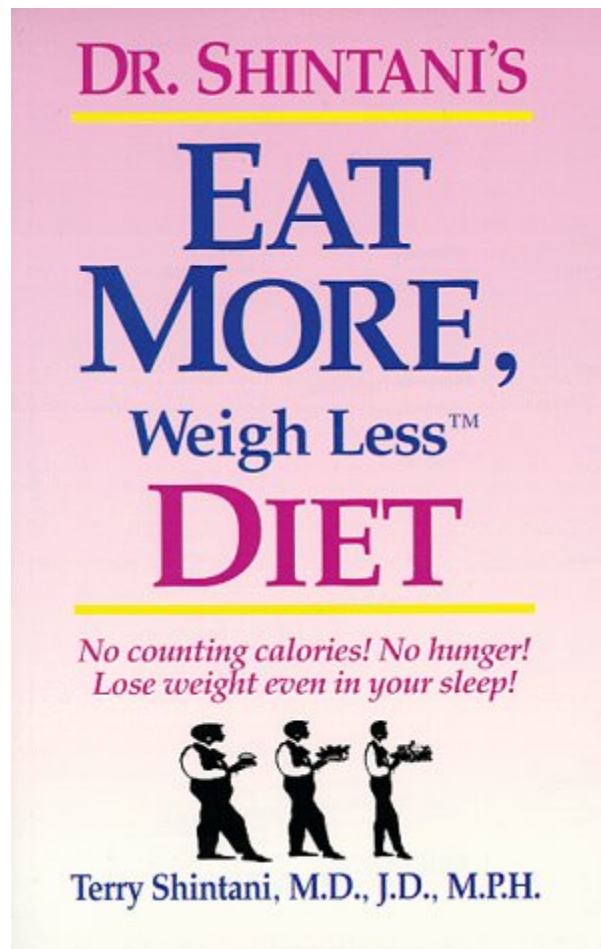


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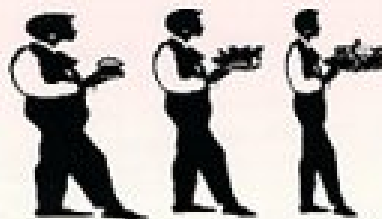
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About the Author

Terry Shintani, M.D.,J.D., M.P.H., received his Master's degree in nutrition at Harvard University, and both his medical degree and law degree from the University of Hawaii. He is on the clinical faculty at the University of Hawaii School of Medicine and School of Public Health and is Director of Preventive Medicine at the Waianae Coast Comprehensive Health Center. He also has a private practice in Hawaii specializing in nutrition-related disease. He was named a 1995 "Food Hero" by Eating Well Magazine, and his award-winning program is published in The American Journal of Clinical Nutrition as well as Encyclopedia Britannica's 1995 Medical and Health Annual. Dr. Shintani, along with one of his diabetic patients, has been featured on NBC Dateline's show with Dr. Bob Arnot.

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If you hate dieting, this book is for you! Over the years, we've learned that diets don't work. But in 1986, Dr. Shintani developed a startling concept that may be the basis of a modern nutrition revolution. He developed a way that people could EAT MORE food and still lose weight. This medically sound program has been proven time and again with his patients in Hawaii with some losing over 50 to 100 pounds safely and permanently. His program has been also referred to as the "Hawaii Diet" as well as the Eat More, Weigh Less Diet. Now this approach is being made available to you. In this book you will find:

- *How to lose weight while eating up to 200% MORE FOOD
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- *How to lose weight in your sleep
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- *Over 100 recipes
- *A 14-day meal plan to help you get started
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Better books out there.....Sorry Dr. Shintani

By Blissterful

This book was not for me.

8 of 8 people found the following review helpful.

Changing what you eat and your behavior toward food

By Taylor Eng

I purchased this book as part of the Hawaiian diet program. It came with the cookbook, 21 day get started meal guide, lose weight while you sleep booklet, 2 audio and 2 video tapes back in the year 2000. I have continued to work with the principles of the Eat More, Weigh Less diet and it really does work !!! Dr. Shintani explains the scientific evidence while using humor and genuine concern to help guide all the people who want to sincerely make an effort for the last time in dealing with improving your overall health, and changing your diet while losing weight. The Eat More Index is the key !

There are many reasons why people are overweight. It can range from biological to psychological influences but...If one can make the commitment to change their behavior toward food and eat healthy...then YOU are half way there to a better newly improved YOU !!! The Eat More, Weigh Less principles can truly help as you make your way to the new path...

I sincerely wish all of you Good Health as you enjoy a new(old) way to Eating More and Weighing Less.

8 of 8 people found the following review helpful.

Success Finally!

By Aerobic17

I followed this eating plan with excellent results, The Doctor puts the info in such positive terms

that you can't go wrong and you want to read more. I enjoyed the way he visually displays how much

veggies you'd have to eat to equal 2500 calories. Even though I was eating veggies all the time I was satisfied.

I started out at 226 and ended up at 185 in 22 weeks (Feb to July 2011).

That's from a 38" waist to 34" waist. My cardio of choice was walking daily. I'm working

towards a 32" waist by including free weights and lifting heavy (I reached a plateau in July). Overall his book is a good solid read.

I give this book 5 stars due to the results. I'll keep the readers posted on my goal of a 32" waist.

- Kevin C.

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