

The book was found

The Potato Hack: Weight Loss Simplified

The **POTATO** Hack

Weight Loss Simplified



TIM STEELE



Synopsis

The potato hack was modeled after an 1849 diet plan for people that were becoming fat and âœdyspepticâ • from living too luxuriously. This potato diet simply called for one to eat nothing but potatoes for a few days at a time, promising that fat men become as âœlean as they ought to be.â • One hundred and sixty-seven years later, we are fatter and sicker than ever, but the potato diet still works. Potatoes contains natural drug-like agents that affect inflammation, hunger, insulin, sleep, dreams, mood, and body weight. The potato is the best diet pill ever invented. The potato hack is a short-term intervention (3-5 days) where one eats nothing but potatoes. This short mono-food experiment will strengthen your immune system and provide you with all of the nutrition you need to remain energetic, sleep great, and, as a side-effect, lose weight. The potato hack will help you develop a new relationship with food, hunger, taste, and yourself. The potato hack is not just for the overweight. As noted in 1849, anyone with digestive complaints who follows an all-potato diet for a few days at a time will find their digestion improves greatly. Modern science shows that simple diets high in fiber create an intestinal microbiome that is highly diverse and stable. This diversity and stability is lacking in most people and leads to digestive complaints like Gastroesophageal reflux disease (GERD), Irritable bowel syndrome (IBS), Inflammatory bowel disease (IBD), and Small intestinal bacterial overgrowths (SIBO). The "modern dyspeptic gut" affects millions of people and costs billions of dollars annually. The answer might be as simple as 3-5 days of potatoes. You don't need this book to do the potato hack. Just eat potatoes until full every day for 3-5 days. It really is that simple! This book explains the science behind the potato hack, some variations on the basic hack, recipes, and what to do if it does not work as advertised. Also found in The Potato Hack is a comprehensive review of resistant starch, gut health, potato history, and a growing guide for those that want to grow their own. Most of the photography throughout the book was done by award-winning photographer, Ann Overhulse. The artfully photographed potatoes found on the cover and on 30 pages within are well worth the full price of the book. Guaranteed that after reading The Potato Hack, you will never look at potatoes the same.

Book Information

File Size: 22220 KB

Print Length: 290 pages

Publication Date: March 28, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DL0RGXE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #14,930 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #1794 in Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

When I first heard about the Potato Hack I thought it was far too unorthodox to be effective. However, I have never been so happy to be proven wrong. I've been following Mr. Tim Steele's articles and postings about resistant starch and potatoes for several years now and have always been impressed by both his knowledge and his interactions with other people online. Far too often today we see people getting in arguments online...especially about diet and weight loss (ie the I'm Right and my diet is THE BEST, etc). Tim always presents his findings with kindness and a little humor and encourages people to try his ideas rather instead of trying to force people to accept them. I have come to have the utmost respect for his both his knowledge and his ability to discuss his findings like a gentleman. The Potato Hack is a culmination of his work and is hands down the most fascinating "diet" book I have ever read. And I have read and tried more than I can probably count. I have dealt with obesity for most of my childhood and adult life - as I commonly tell people that I have 25 years of experience with diet and weight loss - 10 years of success and 15 years of utter failure. So what has worked for me is to never follow any specific diet religiously - I have learned what works and what does not work for me from each and every diet I have tried. The Potato Hack, however, is not a diet - it is a very powerful tool that can and will provide immense benefits to anyone struggling with obesity or GI issues. But this book has so much more - besides the how to for the hack you get variations and a wealth of scientific information to back up Tim's work. And even more information on resistant starch, gut health and bacteria.

[Download to continue reading...](#)

One Potato! Two Potato!: Family Favorite Potato & Sweet Potato Recipes! (Southern Cooking Recipes Book 17) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy

(Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Potato Hack: Weight Loss Simplified Sweet Potato Mama Cookbook: The Savory Gluten Free Healthy Ecofriendly Side of the World's Most Nutritious Food: The Cholesterol Free Sweet Potato (Sweet Potato Mama Cookbooks Book 1) The Potato Diet: Hack Into Rapid Weight Loss Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hacking: Ultimate Hacking for Beginners, How to Hack (Hacking, How to Hack, Hacking for Dummies, Computer Hacking) Hacking: How to Hack Computers, Basic Security and Penetration Testing (Hacking, How to Hack, Hacking for Dummies, Computer Hacking, penetration testing, basic security, arduino, python) Hacking: Basic Security, Penetration Testing and How to Hack (hacking, how to hack, penetration testing, basic security, arduino, python, engineering) Hacking: Wireless Hacking, How to Hack Wireless Networks, A Step-by-Step Guide for Beginners (How to Hack, Wireless Hacking, Penetration Testing, Social ... Security, Computer Hacking, Kali Linux) Wireless Hacking: How To Hack Wireless Network (How to Hack, Wireless Hacking, Penetration Testing, Social ... Security, Computer Hacking, Kali Linux) Vintage Recipes: 46 Delicious Potato Recipes - Potato Recipes from 1945 A Collection of the Best Sweet Potato Recipes: Tasty and Healthy Sweet Potato Recipes Hack Proofing ColdFusion (Hack Proofing Series) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness)