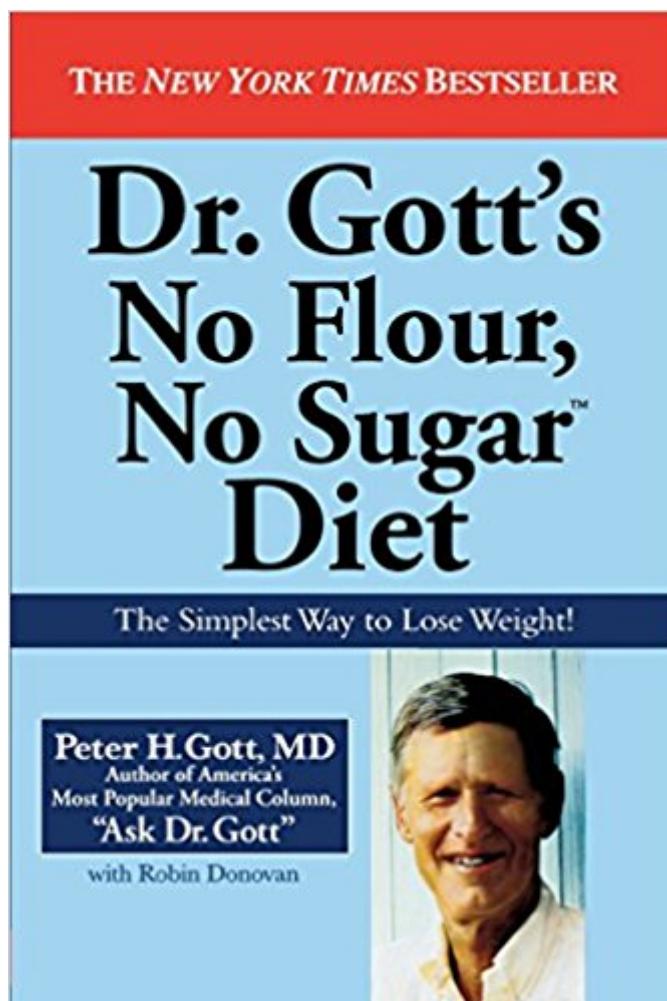


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# Dr. Gott's No Flour, No Sugar(TM) Diet



## **Synopsis**

During his 40 years of medical practice and in his nationally syndicated newspaper column, Dr. Gott's patients and readers have continually asked him for a way to lose weight that is both simple and foolproof. In response, he developed the No Flour, No Sugar diet which has prompted countless weight loss success stories from his patients, thousands of letters from readers of his column raving about their successes, and a New York Times bestselling book. DR. GOTTS NO FLOUR, NO SUGAR DIET is about as easy as it gets. All you need to do is eliminate flour and added sugar from your diet. That means no bread, bagels, cookies, or cakes, but it doesn't mean you can't still enjoy lean meats, rice, low-fat dairy products, vegetables, and fruits. It doesn't call for counting calories or grams of food, it allows you to choose from a wide range of food (once you hit your goal weight, you can even reintroduce some items with flour and sugar back into your diet), and it's totally affordable. In this book, you will learn how to:-Satisfy your sweet tooth without sugar-Plan for success and stay on track-Curb your carb cravings without flour-Keep the weight off in the long termThe book also includes firsthand questions and challenges from his readers, and Dr. Gott's informative and helpful responses. Complete with recipes for Breakfast; Soups, Salads, Wraps; Snacks and Appetizers; Entrees; and Desserts; and easy-to-follow meal plans, this is a simple and effective diet that delivers phenomenal, fast results.

## **Book Information**

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## **Customer Reviews**

Peter Gott is the author of the nationally syndicated newspaper column, "Ask Dr. Gott," and his

articles have appeared in USA Today, the New England Journal of Medicine, and other national publications. He has a general practice in rural Connecticut.

This is the only book you need to permanently lose weight. It is simple, simple, simple & it is cheap, cheap, cheap. It is a no nonsense & common sense solution to wt loss. I received this book as a gift 4 yrs ago at the regular book price, \$21.95. I lost 35 lbs & have kept it off. Occasional cheating is certainly allowed if not occasionally encouraged. I bought this book for my daughter thru Quality Bargain Mail for a grand total of \$4.00. The book's condition was as advertised & delivered well within the ETA. I will certainly use them again if the occasion arises.

It is very straight forward and easy to read. There are a few recipes. It is more common sense than anything. It will work, however, you cut out so many things from your diet. Be prepared to cook. You will lose weight, but you need to be prepared to change what you eat and more importantly HOW you eat.

I have followed Dr. Gott's advice for years. I know this is a good program for weight and health issues. My family doctor recommended this program years ago.

It is so simple, there was no need to buy the book. Dr. Gott's message is, "No Flour, No Sugar." No exceptions. Questions? Answers, "No Flour, No Sugar." Recipes - No Flour, No Sugar. But... No Flour in any of its forms; No Sugar regardless of its name. It works for me. It is that simple. You don't have to buy the book. Just remember, No Flour, No Sugar. The eBook was a pleasure for me though.

Dr. Gott's No Flour, No Sugar(TM) DietÃ  This book is very easy and comprehendible reading. The explanations/rationale for omitting flour & sugar from our diets is understandable for the lay person. Many of the recipes are very easy to make and delicious, especially the Omelette Muffins, Coconut Pecan Granola, and the tortilla chips. My family even enjoys them. The meatballs were ok, but there is some ingredient missing that could make them more tasty, but I haven't figured out what. Of course when I added a little tiny bit of spaghetti sauce it made them much more palatable. I wish the book had more common recipes that people eat. I guess if you read the book you probably can come up with some new recipes, I just like things quick and easy! Just like any diet, you have to be on your toes everytime you're hungry, because it is very easy to fall into the snack mode and grab some chips, crackers and cheese, peanut butter and crackers. I can say that I have become

much more aware of reading labels for the flour and sugar contents since reading this book!

I'm doing great on this plan and so is my boyfriend. It is really a healthy food plan that avoids empty calories from sugar and cuts way down on the unnecessary calories from bread and flour products. We are finding plenty of good foods to eat and are losing weight. Thanks Dr. Gott!

I found this book to be SLIGHTLY outdated because Dr. Gott recommends using 'Splenda', and I've read recently that Splenda is very bad for you. BUT...aside from that..this book is AWESOME !!! Using the basic instructions in this book, and learning to omit flour and sugar from my diet... I LOST FIVE POUNDS WITHIN TWO WEEKS!!! I recommend this book to anyone who wants to be healthy, and just feel GREAT!!

Sorry, all you people who raved about this. I'm not saying it's BAD, but I think it's pretty behind the times and way off the mark in some areas. The new science basically says that will power is a total bust for 99% of us. This reminds me of a diet book I would have read 30 years ago with just a few addition. There's nothing wrong with the nutritional info here; it's solid. But ("they" say), allowing a lot of alternatives doesn't break any HABITS. I've been mostly off sugar for a long time. BUT, I make desserts with xylitol and/or stevia, so my sweet tooth is alive and well. And, if you're a carb junkie, as I am and as many overweight people are, you can just switch to potatoes, rice, some breads, etc. on this diet. If you have a carb addiction, CARBS TRIGGER OVEREATING. Ok, this book says to "set reasonable goals." Really? How many years ago did I try that? If you have Binge Eating Disorder or Bulimia or just about any eating disorder (and most of us overweight have something like that going on IMHO), those are diseases and can't be willed away. I actually find it pretty hard to believe that people can lose weight doing only this simply because of the "will power" thing. If you can exercise will power, you'll be fine and this book has some value. Otherwise, too simplistic and unrealistic.

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