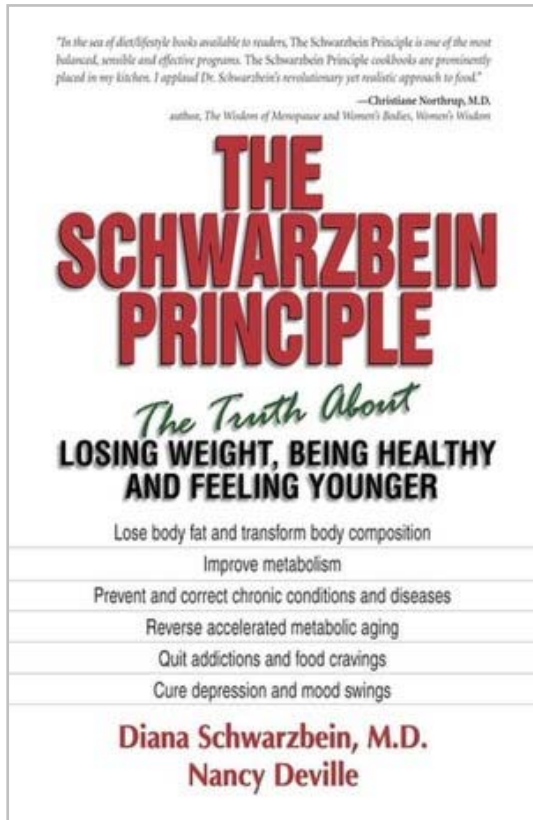


The Schwarzbein Principal: The Truth about Losing Weight, Being Healthy and Feeling Younger

by Diana Schwarzbein,MD, Nancy Deville

Reviewed by Mona Hall – 1/9/2012



You and me, we have a problem. We don't have a metabolic system suitable for grocery shoppers. The human physical evolution is lagging behind the cultural evolution. We still have a hunter-gatherer's metabolic system which makes our bodies save energy for possible future famines. The hormone that makes our bodies to do it is INSULINE.

Good insuline: it helped our species to survive during the millenia of sporadic food supplies. Bad insuline: it's now making us fat and sick because we have all the food we can eat, all the time.

The Schwarzbein Principle is a book mainly about insuline. Oh yes, a book about one metabolic hormone can be really interesting. Diana Schwarzbein is

an endocrinologist and she is offering cutting edge new knowledge about your body, every human body. It's worth reading because it might change what you've thought about dieting, fats, cholesterol, carbohydrates and other health related issues.

One of the main messages in a nut shell is, don't be afraid of fats. Dietary fat doesn't become body fat if there is not an excessive amount of carbohydrates present in your system.

Dr. Schwarzbein's book is easy reading. It's written for lay people. Dr. Schwarzbein advocates preventive medicine. That means, take good care of yourself when you're still healthy. If you don't, it'll be so much more difficult later on.

You can find more information at www.schwazbeinprinciple.com.

~ Mona Hall

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