

you'll have corrected the way your body reacts to the very foods that made you overweight.

There's a switch inside you that had been turned on. Now, simply by modifying your diet, you'll have turned it off. The physical cravings that ruled your eating habits will be gone, and they'll stay away for as long as you stick with the program. The weight loss doesn't happen because you're trying to eat less. It will happen because you'll be eating fewer of the foods that created those old bad urges—fewer of the foods that caused your body to store excessive fat.

What you'll eat now: As a result of that change, you should continue to lose weight after the 14-day period ends; even though you will have started adding some of those banished foods back into your life. You'll still be on a diet, but if it's bread you love, you'll have bread. If it's pasta, you'll reintroduce that. Rice or cereal, too. Potatoes. Fruit will definitely be back. Chocolate? If it makes you feel good, sure.

You will have to pick and choose which of these indulgences you permit yourself. You won't be able to have all of them all the time. You'll learn to enjoy them a little differently than before—maybe a little less enthusiastically. But you will enjoy them again soon.

You'll remain in Phase 2 and continue losing weight until you reach your goal. How long it takes depends on how much you need to lose. Once you hit your target, you'll switch to an even more liberal version of the program, which will help you to maintain your ideal weight.

Phase 3: A Diet For Life

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This is the stage that lasts the rest of your life. When you get to this point, you'll notice that this plan feels less like a diet and more like a way of life. You'll be eating normal foods, after all, in normal-size portions. You can then feel free to forget all about the South Beach Diet™, as long as you remember to live by its few basic rules.

The final change: As you're losing weight and altering how your body responds to food, a third change will be taking place. This one will significantly alter your blood chemistry, to the long-term benefit of your cardiovascular system. You will improve invisible factors that only cardiologists and heart patients worry about. Thanks to this final change, you will substantially increase your odds of living long and well—meaning you will maintain your health and vitality as you age.

You may start on the South Beach Diet™ hoping just to lose weight. If you adopt it and stay with it, you will surely accomplish that much—plus all the benefits of a healthy diet and a thinner body. Are you ready to lose weight and get healthy?

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