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# 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 â œdyspepticâ • 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 â œlean 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

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## 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.

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