



# **Eat Rich, Live Long: Mastering the Low-Carb Keto Spectrum for Weight Loss and Longevity**

*Ivor Cummins*

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keto diet; keto recipes; keto; ketogenic; obesity; overweight; weight loss; diabetes; insulin; prediabetes; heart; heart disease; heart attack; prevention; longevity; health; low carb; high fat; paleo; primal

You *can* take control of your health, lose weight, prevent disease, and enjoy a long and healthy life. The unique nutritional program outlined in *Eat Rich, Live Long* is designed by experts to help you feel great while you eat delicious and satisfying foods.

Millions of people have gotten healthy through low-carb plans over the years—and a growing number have discovered the wonderful benefits of ketogenic (Keto) nutrition. Many are confused, though, about how low-carb they should go. Now, *Eat Rich, Live Long* reveals how mastering the low-carb/Keto spectrum can maximize your weight loss and optimize your health for the long term.

In this book, Ivor Cummins, a world-class engineer and technical master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their extensive clinical, medical, and scientific/research experience. Together, Cummins and Gerber crack the code that shows you how to eat the foods you enjoy, lose weight, and regain robust health. They reveal how the nutritional “experts” have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent disease, satisfy your appetite, turn off your food cravings, and live longer.

The heart of *Eat Rich, Live Long* is the book’s prescriptive program, which includes a 7-day eating plan, a 14-day eating plan, and more than 50 gourmet-quality low-carb high-fat recipes –illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good!

Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat -- and which kinds of fats are best? Which fats can contribute to diabetes, heart disease, and early mortality? Does a high-protein diet increase muscle mass and lead to vigorous health – or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? *Eat Rich, Live Long* lays out the truth based on the latest scientific research.

*Eat Rich, Live Long* will change the way you look at eating. Meanwhile you will lose weight – and look and feel great.

## **Eat Rich, Live Long: Mastering the Low-Carb Keto Spectrum for Weight Loss and Longevity Details**

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# **From Reader Review Eat Rich, Live Long: Mastering the Low-Carb Keto Spectrum for Weight Loss and Longevity for online ebook**

## **Dan Howard says**

This is a great book! It is very ambitious as it covers both the current state of research on low carb diet as well as a specific eating plan and recipes for those who want a specific plan. The part of the book on the latest science is very specific and has some very useful information. Very thoroughly referenced to the underlying research.

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## **Jill Bowman says**

Oops - I forgot to log this... But I loved it!!! It had so much great information. Keto keeps changing as we learn (so many) new benefits through science and through people who live this lifestyle. This book is so up to date! I listen to many podcasts and it seems like I've heard most of this info - but WHAT A TREAT to have it all at hand. The chapter about supplements is especially good to have close. These authors are two of the most well informed out there - and it shows!!

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## **Ovidiu Neatu says**

I greatly enjoyed the lipoprotein tour and the rest of the explanations from the second half of the book.

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## **Steve Hailstone says**

### **Health markers explained**

Ivor Cummins helps make sense of an array of health markers, especially helpful if you want to understand some crucial tests your doctor may be requesting. Also, he makes an excellent case for the need to address insulin resistance as the primary driver for chronic disease.

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## **John Madany says**

### **Filling in gaps**

This book filled in gaps in my knowledge regarding metabolic syndrome.  
I would highly recommend this book to medical professionals. It is also an excellent book for motivated Layperson.  
State of the art as of early 2018!

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**MusselWoman says**

I want to give this book seven stars! If everyone read this, took the information to heart, and consistently followed the guidelines it contains, we could see a dramatic decrease in disease and death - particularly from heart disease, cancer, and complications from diabetes. The information in this book is on point - science-based, easy to comprehend, practical, and comprehensive.

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**Carey says****Great book**

This is the best book about nutrition I have read since The Big Fat Surprise. Its greatest strength is in explaining nutrition research as well as the physiological mechanisms of metabolism. It is not a “One size fits all” approach and explains how to determine the best level of carb restriction for individuals. I like that other lifestyle factors such as sleep, stress management, and exercise are addressed.

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**Hila says**

The writing style wasnt my cup of tea.

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**Toprate says**

Page-turner packed with science and solid advice for anyone struggling with 'standard' nutritional advice's failures.

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