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# Sweet Potato Power: Discover Your Personal Equation For Optimal Health



## Synopsis

If you want to look good, perform at your peak and be in tip-top shape, you must choose smart fuel for your body, not the processed "food" found on the shelves of every supermarket. Many have turned to Paleo and a low carb way of life to avoid the effects of these food impostors we were never designed to eat. Low carb diets, however, can leave you feeling as though you don't have enough gas in the tank. Low carbs need to be smart carbs. Lucky for us, nature has given us the nutritious, delicious sweet potato. This super food gives all the benefits of other high energy foods with more nutrition and without spiking blood sugar. Plus, this humble tuber tastes great and is easily incorporated into your diet in seriously good ways. Sweet Potato Power gives you the tools to run your own tests to determine the diet rules that work specifically for you and your unique biology. Through self experimentation you can cut through diet mumbo jumbo, and let science and your numbers speak for themselves to answer questions such as: How many carbs should I eat to make me look, feel and perform at my best? What foods spike my blood sugar the most and make me fat? How do I eliminate craving? How can I avoid mental fogs and post-lunch energy slumps? How can I optimize my carbs with my athletic pursuits? How can I get fit without getting fat? What exercise is best for my body? How can my kids become the most delightful version of themselves? How can my doctor be a well-care provider instead of a sick-care provider? Understanding a bit of science and incorporating new tools in your arsenal will make you an active participant in your health. Applying what you learn brings you closer to the ideal version of you. All of this and easy sweet potato recipes so you can incorporate this power food into your everyday life—making Sweet Potato Power a force to be reckoned with!

About the Author: Ashley Tudor is a Design Strategist who focuses on innovation in health. She has worked with Fortune 500 companies and small start ups to tackle tough health-related issues such as creating dieting programs, designing strategies to help food companies fight obesity, conceiving new medical devices for primary care physicians, and developing online tools to help people use food as medicine. In recognition of her work, Mayor Gavin Newsom named Ashley one of San Francisco's Top Innovators in Health in 2010.

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## Customer Reviews

Full Disclosure:I've been eating a strict Paleo diet for 2 years, and am probably the biggest fan (maybe consumer too) of sweet potatoes outside the North Carolina big sweet potato lobby (which I assume exists).Bottom line:The book is a unique and playful blend of two genres - cook books, and Paleo diet books that stimulates the reader both in the kitchen, and to reflect on life habits. I've read just about every book about high carb, low carb, fats, calories, Paleo, Zone, and the like, and Sweet Potato Power really fills a unique spot. There are very few books out there that are bold enough to try to bridge the gap between the science of digestion, nutrition, evolution, and every day cooking, and wellness. If you are one of the 99% of us who doesn't read the encyclopedia Britannica for fun, but wants to understand the big scientific and nutritional rocks that affect our health and wellness, and put these into practice in the form of self-experimentation, and the most exquisite and thoughtful recipes around, then this is a great book for you.Things that really stood out:\* Hands down the most definitive collection of delicious (and beautifully presented) sweet potato recipes around. I've eaten every form of sweet potato I can, around the entire world (literally 4 continents) from ben imo to the American "yam" // my personal favorite is the Satsuma Imo. Sweet Potato Power has introduced a versatility to my favorite food that has renewed it's place in my diet. I'm the kind of guy that will eat a baked sweet potato in my hands walking down the street for practical nutrition on my way to the gym. My wife is the kind of person that for some reason doesn't always want to eat sweet potatoes and bacon walking down the street.

I was misled by this book's title. To be sure, it is an interesting book. As the subtitle tells us, it's

about the Paleo Diet. As such it does a nice job of explaining the basics. As a sweet potato book it's more than a little thin. In fact, except for the recipes in the back of the book there's almost nothing specific about sweet potatoes or sweet potato nutrition. We're told that sweet potatoes are high in fiber and contain beta-carotene. That's true. What I had hoped for and didn't find was any in-depth exploration of what some people call a super food. Beta-carotene is one of about 600 known carotenoids, many of which are a boon to human health. Carotenoids have been shown to possibly (I say possibly, because surprisingly little has been proven with nutrition) help with lowering plaque, helping eyesight, healthier skin and a host of other real and potential gains. There are other phytonutrients in the lowly sweet potato that look to be beneficial, too. Yet, about all we're told is that sweet potatoes have beta-carotene. And there's not even a mention that the best source of that nutrient comes from dark yellow or orange sweet potatoes. White ones have little. In fact, the entire sweet potato specific nutrition information contained in the book could be found in a 5 minute Google search. The book covers mostly insulin response and the associated health problems that arise when the insulin system gets messed up. This is helpful information and addresses one of the biggest health problems faced by much of the industrialized world. However, sweet potatoes are just a plot device. The paleo diet is the real star of the story. Oh, we get references to the lowly vegetable in phrases like, "Eat healthy carbohydrates, like those in the sweet potato," and similar platitudes.

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