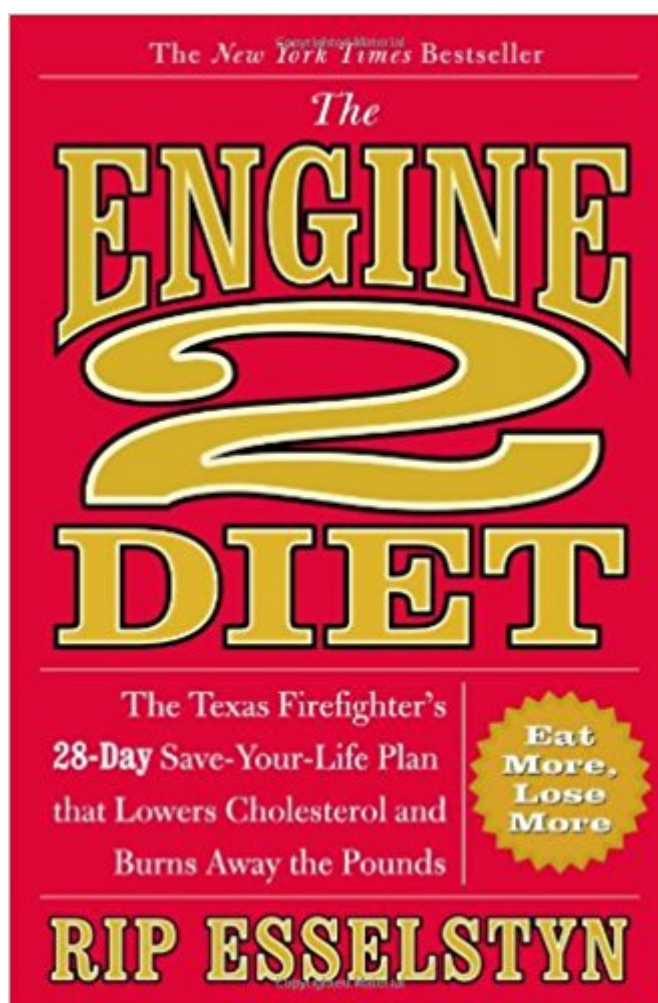


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# The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan That Lowers Cholesterol And Burns Away The Pounds



## Synopsis

Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: \*\*Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite \*\*Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals \*\*Guidelines on menu choices that will allow you to eat out, wherever and whenever you want \*\*Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort."I've known Rip for more than 20 years. In that time, he's been a great motivator for so many people. This terrific book will inspire all who read it to change their lives and optimize their health." -Lance Armstrong, cancer survivor, seven-time Tour de France champion "Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

## Book Information

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## Customer Reviews

"Firefighter Rip Esselstyn is a life-saver in more ways than one. "The Engine 2 Diet" is an effective, easy-to-follow, satisfying eating plan for even the manliest of men." --Rory Freedman, #1 NY Times best selling coauthor of "Skinny Bitch""Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book, "The Engine 2 Diet, " can save your life-whether you're a man or a woman. Highly recommended!" --Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California, San Francisco, author, "Dr. Dean Ornish's Program for Reversing Heart Disease" and "The Spectrum""I've known Rip for more than 20 years. In that time, he's been a great motivator for so many people. This terrific book will inspire everyone who reads it to change their life and optimize their health." -Lance Armstrong, cancer survivor, seven-time Tour de France champion and founder of the Lance Armstrong Foundation"Rip Esselstyn has lived a hero's life and shares his commitment to good health in this inspiring book. With an easy step-by-step plan, loads of practical tips, and wonderful recipes, this is the ultimate guide to health and long life." --Neal D. Barnard, M.D., Adjunct Associate Professor of Medicine, George Washington University School of Medicine and author of "Dr. Neal Barnard's Program for Reversing Diabetes""The leading cause of death in firemen? That's right, heart attack! Rip Esselstyn is not just saving people's lives fighting fires, but he is saving lives among his fellow fireman. Rip makes healthful eating and exercise fun and doable." --Joel Fuhrman, M.D., author, Eat For Health and Eat To Live --This text refers to the Paperback edition.

Born in upstate New York, Rip Esselstyn grew up in Cleveland, Ohio, and studied speech communications at the University of Texas, Austin, where he was an All-American swimmer. After spending 10 years as a professional triathlete, Rip joined the Austin fire department in 1997. He now travels year-round lecturing and giving seminars on the Engine 2 lifestyle. He is the author of

The New York Times bestseller The Engine 2 Diet. Visit his website at [www.engine2diet.com](http://www.engine2diet.com).

I'm a genetic time bomb. Cardiovascular disease is present in both my parents and their parents and their parents... You get the idea. I was diagnosed with carotid artery disease at 47. While my cholesterol has remained controlled by medication and a heart healthy diet, ultrasounds showed that they have not stopped the progression of plaque build up in my arteries. Clearly, I needed something more. I found and read Rip's father's book, Prevent and Reverse Heart Disease by Caldwell Esselstyn, and LOVED the information and the strait to the point "what" and "why" of a vegan, no-oil life style. Though I couldn't imagine life without cheese and milk products, I understood that if I was going to change my fate, something this "drastic" was required. So, I adopted the diet based on the information available in his father's book and began to see DRAMATIC results about 2 weeks into the diet. After 60 days, I lost 24 pounds. But it wasn't about the weight loss for me. While the compliments are wonderful on my new appearance and it's exciting to be 2 sizes smaller, the real changes (I hoped) were happening on the inside. Today, I got confirmation from my doctor that my total cholesterol has dropped from 188 to 119 and my LDL from 119 to 56. Nope, not a typo... 56!! Dr. Esselstyn's diet has turned out to be a godsend. You're probably thinking: what does this have to do with The Engine 2 Diet? Confession: If you're considering changing your health like I did, I will and must admit to being a little frustrated... Initially. Having lived my entire life eating a lighter version of the Western Diet: fruits or veggies at every meal, minimal red meats, heavy on the grilled chicken, turkey and fish, low sodium and low fat milk, cheeses and ice cream (remember, CV disease is a family way of life) I didn't have a large understanding of the variety available in a plant based diet and how the heck to prepare these items, let alone make them taste GOOD. Tho there are a few excellent resources full of recipes and how to cook and bake for vegans online, there were always the questions in my mind: "How do I do this without the oil?" and "Will this even turn out right without the oil?" So I found myself in a "safe rut" with few and limited players on my plate and in my bowl that tasted good and were diet allowed. Boring! The Engine 2 Diet has served to shed light on all my gray areas of understanding and has put variety back into my life. This book is a MUST for your new lifestyle. Rip explains a lot of the new foods and terminology you'll encounter and he tells you how to prepare them, too. I struggled in the early days (and still do sometimes) trying to figure out what's OK to include or skip. Rip put's it here in black and white. I keep this book on my phone as a resource when shopping or cooking and it's made things so much easier. So, so much easier. I HIGHLY RECOMMEND THIS BOOK. Words of Encouragement: Reading Labels Sucks. But it is a necessary evil. And yes, even a single drop off

oil is a drop too much. So many things contain oil... Especially the ones that are supposed to be "good" oils (olive, canola, soy...) Hang in there. It gets easier and subsequent trips to the grocery store gets easier as you learn your safe labels. Don't worry about not getting enough fats in your diet. Plants and grains contain plenty in their "natural" packaging. Don't Skimp on High Protein Veggies, Grains and Beans. This is easy to do especially if you have a busy lifestyle. Grabbing a quick piece of fruit and coffee for breakfast for instance, IS diet friendly, but you just fasted for 6-8 hours while you slept. Sure you'll lose weight, sure you're cholesterol will drop... BUT you run the risk of increasing your triglycerides with your carb only intake. Increased triglycerides can lead to diabetes. Better to eat some cereal or oatmeal with that fruit. I use a disposable bowl for oatmeal to eat at red lights when I'm in a real hurry. Thankfully, this isn't too often.

I ordered this book a few years ago, and read it from cover to cover, in a short period of time. I found it to be quite well written, able to capture and hold my attention, as well as informative and resourceful. I just recently stumbled upon it again, while going through my books and skimmed through it all over again. This is a really great book. It could possibly even be life changing for some looking for better health. I was already eating a plant based diet when I read it, but it is filled with useful recipes, even for those already familiar with the lifestyle. He shares some very interesting stories and information throughout the book. He advocates for eating a whole foods, plant based lifestyle; in addition, without any added oils. It has many of his favorite recipes, and they really are quite tasty. I think it is a wonderful book and would recommend it to everyone. I would like to share a little about what eating this way has done for my family. My husband's total cholesterol went from 289 to 168, with no medication! He went from 215 pounds to 165 pounds! A size 34 waist to 32 waist. His diverticulitis seems to be in remission, having no episodes, in years. His once high blood pressure is now normal. He is now training for his first Full Ironman, this August! Talk about amazing! I have taken off 15 pounds and not gained it back, in the past 6 years! My blood pressure and cholesterol have never been high, so I can't say eating this way changed that. I have done a marathon, as a vegan, and taken 17 minutes off my previous time, when I ate the Standard American Diet, even though I was 3 years older! I feel great eating this way. I would love to tell you changing your diet is easy, but it will take determination and perseverance. If you slip, don't give up, just do better the next day, or next meal. You will see results, with time. You're worth it and reading this book may be just the start, or inspiration, to continue, that you need.

I am all in with the plant based diet and I love any new information I can get! Of course I love the

Esselstyns and I like Rip's book even though there isn't really anything new here for someone who's been plant based for awhile. My advice is to be careful! I don't quite understand why there are so many processed foods that are ok to use. For instance, Mrs. Renfro's barbecue sauce, if you read the label, there's canola oil in it (which is a no, no). The recipes are great although there are items I can't find such as certain breads. I make my own whole wheat bread but when I want to make the stuffing recipe, where in the world will I find pumpernickel bread that doesn't have chemicals and oil in it??? And for goodness sakes, it's okay to use Pam??? I honestly don't think TVP (textured vegetable protein) should be used because it's processed. Really, I can't believe it's okay to use meat substitutes because if we're going plant based, we shouldn't rely on substitutes for meat that are processed with oil, salt and sugar in them. The advice for milk substitutes is to find ones that are fat free. There is going to be some fat from the nuts, coconuts and even soy but I would say to read the labels carefully because there are all kinds of junk added to some of the milk substitutes. I love, love the hummus recipe without oil made in my Vitamix! It's great on whole wheat bread topped with veggies for a quick sandwich. The Tofu spread is wonderful too! The recipes are well thought out and I thank Rip's wife. I give this book 4 stars for the recipes!

Totally awesome! This should be required reading in all schools! Loads of great information and wonderful recipes. Very inspiring. Very well researched and documented.

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