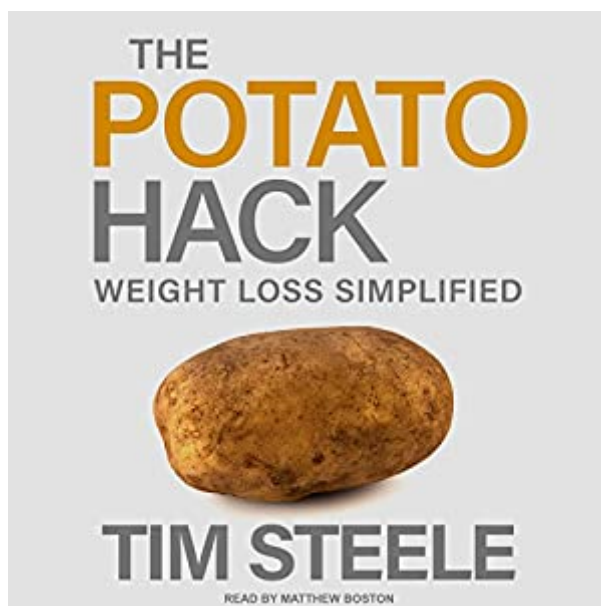


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# The Potato Hack: Weight Loss Simplified



## Synopsis

The potato hack was modeled after an 1849 diet plan for people that were becoming fat and "dyspeptic" 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 "lean as they ought to be." 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.

## Book Information

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## Customer Reviews

I'm going to come out with a bold statement - I believe this is the closest I have come to achieving the management of my binge eating disorder. I've done all kinds of counselling/therapy, read just about every book there is, meds with nasty side effects, and nothing..nothing.. comes close to this. Anyone who has endured a true binge eating disorder will know the misery of this horrible affliction. The hack does something...I don't know what...but it re-sets my hungry brain, maybe it signals that I'm in a fed state, or satiety hormones or maybe I feel full and satisfied without that bloated yukky feeling that triggers BED. Who knows, all I know is it works for me. I start each week with a 3 day hack and then am able to spend the rest of the week eating like a normal human should, no

thoughts of bingeing and craving only healthy meat and veggies. It is different to every mono diet hack out there. Who would have thought POTATOES would have this effect; it's crazy beyond belief. Thank you so much Tim; I'm so grateful to you, you have no idea how much. Please anyone out there with any binge eating issues maybe consider this hack. It goes well beyond the weight loss; in fact for me the weight loss is icing on the cake (or butter on the potato) it's the regulation of brain/head/hedonistic hunger that is it's true worth. Please, if you suffer from BED or have a loved one battling it, perhaps give this a try, nothing to lose.

This was (for me) the instant cure to a life-long battle with binge eating disorder. I was just trying it to see if I could lose some weight. I bought this and three other Kindle books at the same time and started here. I bought 3 bags of organic potatoes, five lbs. each. I figured I was going to need the "max" allowable. I baked two of the bags and boiled the third. Each of the three days I had more potatoes "left over" than the previous day. I ended up going four days, as I had fallen that far behind in my potato eating. This is pretty much where I settled. Three bags goes four days. The day after my first hack, I had gone four days on plain potatoes. I went "old school" and took the most restrictive variation of the program. (Also where I settled.) No salt, pepper, lemon juice...just 100% plain potato. So I was really looking forward to breakfast the next day with the family at their favorite greasy taco joint. I ordered three avocado tacos and a pancake. I was a little over full. Later that same day we had lunch at a Greek place and I ordered the falafel wrap and a salad. I ate about half of it and asked for a box. My wife remarked "That thing you are doing must be working!" She was right of course, I never ask for a box, unless I am greedily taking somebody else's leftovers, because I never have anything left over. I used to eat the garnish, and even the cloth napkin was looking nervous. My wife's observation had me looking at how I ate for the next three days with a critical eye. I was eating to "satisfied" and finding satisfied well before "painfully gorged" which was something I had never experienced in my life. A switch had been flipped. I don't know how it works, but I have a theory. People like me are junkies with food because we don't get the "reward" signal as fast as normal people. Our brains haven't told us we are done yet. In fact, they are telling us we MUST keep going. Whatever scoreboard keeps track of "satisfaction points" isn't counting everything, or counts it slowly. Plain potatoes are bland. They serve the purpose, but the reward isn't there at all. Without those points racking up in the brain, you just stop. And the next time you stop a little sooner. Then you settle at the right place. That scoreboard is getting recalibrated! For me that took the initial four days of my first hack cycle. Now when I went back to regular eating, the reward-feedback-satisfaction loop had been lowered. I stopped getting the "you must keep going"

impulse much sooner than I normally would. I was NOT at a normal level. I was still putting away more calories than a healthy human being, but that first cycle dropped my impulse to eat significantly enough that other people were noticing. After four cycles of four days each, I was eating like a normal human being instead of a rescue dog. Now I know Tim has variations. I know Tim allows salt. But the focus of Tim's book is weight loss. It is my firm belief that doing the restrictive version of this program, lowering and simplifying the taste as much as possible, is what you want to do if your goal is recovering from food addiction. I also got much better results when I limited the richness of the foods I ate on my non-hack days. You will be surprised how great some steamed broccoli tastes after four days of plain boiled potatoes. And that great taste you are now registering from healthy food starts racking up the points in that scoreboard keeping track of how close to "satisfied" you are.

A half-hour ago my scale claimed a number indicating a loss of thirteen pounds in nine days. I feel good and I am sleeping through the night instead of waking several times. Most of the loss is probably lost water but my clothes are noticeable looser. I started out with standard russet potatoes but discovered mashed yellow taters with a hint of salt and pepper are infinitely palatable and that is all I have eaten, ad libitum, for six days but with a glass of raw milk in the evening. The author is informative and backs his story with historical, scientific, and anecdotal data. There are two major advantages of this diet or lifestyle or whatever: 1) it is quite inexpensive and 2) meal planning and prep are about as simple as it gets. I peel then boil five pounds of yellow potatoes, mash them, and put them in the refrigerator. Total time spent is about 45 minutes and I have two or three days worth of food ready to go. No more deciding what to cook. It's only been nine days since I started this oh-so-simple menu but I believe at this point I will probably stay with it after I lose all this fat. I've spent the last several months easing myself into a modified minimalist lifestyle and this menu is perfect. I highly recommend this book whether or not you need to lose weight.

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