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About It
There are specific instructions you can
follow, with advice about applying them
to your own situation. Beyond Metabolism

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includes: □ A special questionnaire to address the specifics of your food, dieting, or eating issues □ The real biology of weight control and metabolism □ The emotion of food, and the cognitive associations your brain creates

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Biology, and the ...

Quotes from Beyond Metabolism...

□Gordon Shepherd MD and PhD at Yale

School of Medicine, said this: □The

industry is geared to over-stimulating the
senses of the consumer so that they eat

more. The goal is to activate the parts of

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About It

This book acts as a kind of "prequel" to

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Beyond Metabolism. In Understanding Metabolism Scott Abel discusses the truth about metabolic damage, the truth about calorie counting and calorie math, and what will and what won't lead to a healthy, robust metabolism and a fast metabolism. Learn about: * What realistic protein needs are if you're weight training. * Why

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diets fail when they don't take metabolism into account. * What causes metabolic damage, and the reality of repairing metabolic damage or healing a broken metabolism. * The truth about cardio, and why more cardio can make you fat. * How less exercise can lead to a faster metabolism. * Why the current "calorie-

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burning" focus of exercise is flawed and ineffective for optimal metabolic function and weight loss. * What kinds of exercises and training is best for an optimized metabolism. * Is caffeine okay? What about artificial sweeteners? Should I be aware of gluten? The book also has in-depth discussions of current trends like

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Paleo Dieting, the DNA Diet, and more.

Learn the proper diet for a fast metabolism
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weight... and KEEP it off! Get

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with modern nutritional and medical research for complete mind-body wellness

- Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function
- Shows how our modern

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diet leads to weight gain and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD " Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural

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Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-

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fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying

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modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat,

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moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people's diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola

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oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging.

With step-by-step guidelines, recipes, and meal recommendations, this book offers

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sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

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Examines how an insulin imbalance can harm the brain and lead to obesity over a long period of time, and presents a diet and exercise plan that can rebalance insulin levels, improve brain functioning, and help with weight loss.

No matter how stuck you feel, no matter

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how bad you think your genetics are, and no matter how many "advanced" diets and workout programs you've tried and abandoned you absolutely, positively can shatter muscle and strength plateaus, set new personal records, and build your best body ever. And better yet, you can do it without following restrictive

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or exotic diets, putting in long hours at the gym, or doing crushing workouts that leave you aching from tip to tail. This book shows you how. Here are just a few of the things you'll discover in it: • How to almost instantly optimize your environment so you need less willpower to stay on track with your diet, training,

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supplementation, and wellness routines. ·

The nitty-gritty details about how to use advanced diet strategies like mini-cuts, intermittent fasting, and calorie cycling to immediately boost muscle growth and fat loss. · The little-known and unorthodox methods of determining how big and strong you can get with your genetics,

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according to the hard work of two highly respected fitness researchers. · A paint-by-numbers training system that will get you unstuck and steadily gaining muscle again in all the right places. . . spending only 4 to 6 hours in the gym every week doing challenging and fun workouts you actually enjoy. · The ancient secret of anatomy

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discovered by Leonardo da Vinci that gives you a simple blueprint for developing the exact proportions that literally make you look like a Greek god—a big, full chest; wide, tapered back; thick, powerful legs; and strong, bulging arms. · A no-BS guide to “sophisticated” supplements that will show you what works

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and what doesn't, saving you hundreds if not thousands of dollars each year on exotic pills, powders, and potions. · And a whole lot more! The bottom line is you CAN gain real muscle and strength again, look forward to your workouts again, and feel like your fitness is finally under control again.

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In his latest book, Bainbridge combines an otherworldly journey through the central nervous system with an accessible and entertaining account of how the brain's anatomy has often misled anatomists about

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its function. Bainbridge uses the structure of the brain to set his book apart from the many volumes that focus on brain function.

And What You Can Do

An Introduction to Psychology for the Middle East (and Beyond) is more than the average psychology textbook. Written in

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simple English by local contributors in the field of psychology and academia, it not only covers broad concepts and major theories, but also provides students in the Middle East with culturally-relevant examples and indigenous research studies that highlight the ways in which psychology can be applied in their local

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contexts. Topic Boxes appear throughout the chapters to bring regional concepts to life, and discussion questions at the end of each chapter provide ideas for further exploration. With photos that capture the diversity of the Middle East, students will be able to envision a psychology that is representative of their experiences as they

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explore this visually-appealing textbook.

In doing so, they will be better prepared to understand the relevance of the discipline to their personal lives and the societies in which they live.

About It

How we raise young children is one of today's most highly personalized and

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sharply politicized issues, in part because each of us can claim some level of "expertise." The debate has intensified as discoveries about our development-in the womb and in the first months and years-have reached the popular media. How can we use our burgeoning knowledge to assure the well-being of all young

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children, for their own sake as well as for the sake of our nation? Drawing from new findings, this book presents important conclusions about nature-versus-nurture, the impact of being born into a working family, the effect of politics on programs for children, the costs and benefits of intervention, and other issues. The

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committee issues a series of challenges to decision makers regarding the quality of child care, issues of racial and ethnic diversity, the integration of children's cognitive and emotional development, and more. Authoritative yet accessible, *From Neurons to Neighborhoods* presents the evidence about "brain wiring" and how

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kids learn to speak, think, and regulate their behavior. It examines the effect of the climate-family, child care, community-within which the child grows.

And What You Can Do

Explains that rather than being the inevitable result of age and genetics, dementia is primarily due to poor lifestyle

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choices, and offers prescriptive advice to
mitigate or delay its onset.

Written by one of the world's leading
obstetricians, this extraordinary book takes
a totally fresh look at what parenting
means in the 21st century. Addressing
both parents, the book looks at all aspects

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of life, through the nine months of pregnancy and the following nine of the baby's life. It is both a practical handbook for pregnancy, birth and the early months of a new baby's life, and a stimulating exploration of this period of enormous transition. Taking a holistic approach, it advocates integrated health care, i.e. both

Read Book Beyond Metabolism How Your Brain conventional and complementary therapies, and, with its exhaustive medical content, including a 160- page A-Z section, also acts as a superb source of reference. About It

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