

Break Through Your Set Point

By George Blackburn, M.D. & Julie Corl

Genre : Diet & Nutrition

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How many times have you gone on a diet and lost a few pounds, only to hit, once again, that dreaded plateau? Many people manage to lose the first 10, 15, or 20 pounds of the weight they want to shed. Then, no matter how hard they work, they can't seem to nudge the number on the scale farther down, and often they end up gaining back the weight they lost. Finally, there is a healthy, permanent weight-loss solution that will get you off the frustrating yo-yo that often accompanies most fad diets. Dr. George L. Blackburn is the associate director of the Division of Nutrition at Harvard Medical School and directs the Center for the Study of Nutrition Medicine, which investigates complex issues in nutrition and health. Based on three decades of his research and clinical practice, *Break Through Your Set Point* offers an exciting and effective program that will give you specific tools to help you get out of your rut and prevent those extra pounds from coming back. Your set point, or typical body weight, is determined by your genes and your environment. Many modern lifestyle habits—including getting too little sleep and eating on the run—have conspired to raise many people's set points to unhealthily high levels. According to Dr. Blackburn's theory, if you set a reasonable goal to lose about 10 percent of your initial body weight, then hold steady at your new weight without regaining any pounds for at least six months, you can reset your body's set point. And once you've reset your set point, you can repeat the cycle to lose even more weight. The body's innate tendency to protect itself against starvation explains why the body resists losing weight after a certain point. Dr. Blackburn explains the science behind the set-point theory and helps you devise a plan that works for you. With his unique, multi-faceted approach, Dr. Blackburn shows that hitting your set point is not a dead end but the first step in losing weight the right way. This book will help you overcome your weight-loss plateau once and for all. **Top Books, Featured Books, Top Textbooks, Top Free Books, Top Audiobooks, Audiobooks, Arts and Entertainment Books, Biographies and Memoir Books, Business and Finance Books, Children and Teens Books, Comics and Graphic Novels Books, Computers and Internet Books, Cookbooks Food and Wine Books, Fiction and Literature Books, Health, Mind and Body Books, History Books, Humor Books, Lifestyle and Home Books, Mysteries and Thrillers Books, Nonfiction Books, Parenting Books, Politics and Current Events Books, Professional and Technical Books, Reference Books, Religion and Spirituality Books, Romance Books, Sci-Fi and Fantasy Books, Science and Nature Books, Sports and Outdoors Books, Travel and Adventure Books**

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[The G Plan Diet](#)

By : **Amanda Hamilton & Hannah Ebelthite**

As seen on ITV's Save Money: Good Health 'The beauty of the G Plan is that it's about abundance...You'll be surprised how quickly positive affects appear!' - Top Sante ' G Plan the diet that really works' - Irish Sunday Independent Losing weight never felt so good. Do you want to lose weight easily and healthily? Do you want to improve your gut health? Do you want to increase your energy and vitality at the same time? The latest research in nutrition suggests that if you want to lose weight for good, you need a healthy gut with a diversity of good bacteria. Beginning with a

digestive 'rest' and including the 10 best gut healthy foods, the 21 day plan will help you say goodbye to bloating and discomfort, lose even stubborn weight and look forward to increased energy, clear skin and improved mood. Over 40 recipes are included that are quick and easy to prepare, and success stories are featured throughout. The G Plan Diet is weight loss+.

[La dieta detox in 10 giorni](#)

By : **Mark Hyman**

Sei pronto a rivoluzionare la tua vita in 10 giorni? "Ho creato un programma rapido che vi permetterà di perdere fino a cinque chili e di riavviare radicalmente il vostro intero organismo in soli 10 giorni. Con la giusta combinazione di cibi efficaci e di esercizi mirati riusciremo a bloccare l'azione dell'ormone che presiede all'accumulo di grasso, a ridurre l'infiammazione che contribuisce a far aumentare il vostro peso e a disintossicarvi. Dimagrirete con una rapidità e una facilità che vi lasceranno di stucco; e inoltre acquisirete strumenti e conoscenze di cui potrete servirvi anche in seguito. Con La dieta detox in 10 giorni non ci libereremo solo dei chili di troppo: questo programma offre la possibilità di migliorare la propria salute a ogni livello. Certo, perderete peso, ma oltre a questo vi accorgete di avere più energia, di dormire meglio, di avere un umore più stabile e che miglioreranno o scompariranno tutta una serie di problemi cronici, come i dolori articolari, i problemi digestivi, le malattie autoimmuni, i mal di testa, i disturbi della memoria, l'annebbiamento mentale, le sinusiti, le allergie e perfino i disturbi dermatologici come l'acne, gli eczemi e la psoriasi. Potrete anche riscontrare un aumento del desiderio sessuale e delle funzioni corporee a esso collegate. Com'è possibile? Perché a farvi ammalare sono le stesse cose che vi fanno ingrassare, e a farvi ingrassare sono le stesse cose che vi fanno ammalare." Con istruzioni passo passo, liste della spesa dettagliate, ricette deliziose, strumenti per monitorare i propri progressi e tanto altro, La dieta detox in 10 giorni è il metodo più sicuro e più rapido per perdere peso, restare magri e guarire il corpo, a ogni livello.

[Keto Fitness: The Ketogenic Diet, Bodybuilding and Strength Training](#)

By : **Epic Rios**

Do you want to Learn How to Build a Lean, Strong Athletic Body? Then this amazing Keto Fitness book will teach you how to easily Burn Fat and Build a Warrior's Body. This Keto Fitness book is divided into three sections. The first section discusses the Ketogenic Diet and how you can easily burn fat by eating a low carb/high fat diet . You will also learn: (A) The benefits and side effects of the ketogenic diet. (B) How to adjust your ketogenic diet schedule around your exercise schedule. (C) How the ketogenic diet and intermittent fasting can together enhance fat loss . The second section of this book, Bodybuilding , will teach you how to build a well-proportioned, athletic body like the Ancient Greek Gods . You will also learn: (A) The type of workouts , exercises and daily training the Ancient Greeks performed every day. (B) The importance of nutrition and the kinds of foods the Ancient Greeks ate for getting lean and fit. (C) How Ancient Olympic Athletes prepared and trained for succeeding at the Olympic Games. The third section of this book, Strength Training, discusses excellent tips and strategies for developing total body strength . You will also learn: (A) How to go from a Beginner to an Advanced Strength Training Athlete. (B) The powerful 5X5 Strength Training Workout and variations of it. (C) How to effectively exercise the Legs, Back and Chest Muscles for superior strength. BONUS Included is a very useful Health and Fitness Goal-Setting Guide designed to help you achieve your health and fitness goals. So, Are You Ready to Learn How to Build a Lean, Strong Athletic Body? Then BUY this Must-Read Keto Fitness Book NOW!!!

[The Ultimate Guide to Eating for Longevity: The Macrobiotic Way to Live a Long, Healthy, and Happy Life](#)

By : **Denny Waxman**

The ultimate guide on how to build and integrate healthy habits into your diet and lifestyle, revealing a more positive, balanced, and invigorating approach to long lasting health. With modern “healthy” diets constantly flip-flopping on what foods to eat and focusing on restricting calories, individuals can be left confused, defeated, and unsatisfied. This new book by acclaimed macrobiotic health and nutritional experts Denny and Susan Waxman leaves all negativity behind and brings to light a positive outlook on building one healthy habit at a time. “Great health is not achieved by taking away and restricting—it is achieved by adding healthier foods and lifestyle practices. One healthy choice leads to another healthy choice,” says Denny Waxman. Readers will find healthy living easier than ever by learning how to apply these principles into a broad range of modern lifestyles and having the ability to go at their own pace. The book includes new recipes from Susan Waxman and clears up misinformation about food to give you understanding of how to achieve your best physical, spiritual, and mental health. The Ultimate Guide to Eating for Longevity is not a diet fad but based on the world’s long-standing civilizations that have changed very little over time and make it clear that it is possible to live a long healthy life.

Nutrición integrativa para toda la familia

By : **Blanca Galofré**

Hoy queremos estar más sanos, ser más esbeltos y tener más vitalidad, pero se nos plantean una gran cantidad de interrogantes: ¿Es tan mala la leche como dicen? ¿Por qué me hincho? ¿Cómo solucionar el estreñimiento? ¿Debo eliminar de la dieta los alimentos procesados? ¿Cómo puedo paliar los efectos de la menopausia? ¿Cómo diferenciar una intolerancia de una alergia? ¿Cómo nos afectan las radiaciones, los pesticidas, los conservantes y los tóxicos? ¿Puedo hacer un ayuno en casa? ¿Qué pueden comer los niños con problemas de peso? ¿Cómo abordar una dieta? ¿Si quiero adelgazar, estaré haciendo dieta toda la vida? ¿Puedo controlar la ansiedad por la comida? Los trastornos hormonales y digestivos afectan a muchas personas, suponen perder calidad de vida y tienen consecuencias preocupantes. En este libro se dan pautas sobre cómo tiene que ser la alimentación en las diferentes etapas y situaciones de la vida. También se recomiendan los tipos de ejercicio físico adecuados y se descubren recetas sencillas para cocinar con facilidad y disfrutar de la comida a diario. Blanca Galofré explica muchos “porqués”, da recomendaciones, sugiere consejos, hace llamadas de atención y sobre todo propone itinerarios de vida sana para toda la familia. El libro, en definitiva, proporciona las claves para aprender a gestionar el estrés y a mejorar nuestros hábitos para tener una alimentación saludable y solucionar dolencias de forma sencilla y natural.

A dieta dos 17 dias

By : **Dr. Mike Moreno**

Se você quer emagrecer depressa e de forma duradoura, este livro é o estímulo que faltava pra chegar lá. A dieta dos 17 dias apresenta um programa simples que tem como objetivo a perda de peso rápida e saudável. Ela acelera o metabolismo e melhora a digestão e a eliminação de toxinas por meio da ingestão de alimentos-chave e da prática de 17 minutos de exercícios leves por dia. O Dr. Mike Moreno, clínico geral e médico da família, traçou um plano realista que qualquer pessoa pode seguir, seja pra perder 5 ou 50 quilos. O programa se divide em quatro ciclos de 17 dias cada um. Os três primeiros se concentram na perda de peso e o último é o ciclo de vida saudável que você deve manter para não voltar a engordar. Em cada ciclo, são acrescentados novos alimentos, de modo a nunca deixar que o organismo nem permitir que o ponteiro da balança fique estagnado. Para cada dia dos três primeiros ciclos o Dr. Mike elaborou um cardápio apropriado, que incluiu cinco refeições. No quarto ciclo, você relaxa no fim de semana fazendo até três refeições fora da dieta. O foco está nas proteínas magras, nos vegetais purificadores, nos carboidratos naturais, nas gorduras benéficas e nos probióticos. Você não precisa elaborar pratos complicados nem comprar itens caros. E, para mantê-lo motivado, a dieta proporciona uma perda de peso significativo já nos primeiros 17 dias. Além disso, esse livro inclui: - Cardápios especiais para quem sofre de TPM, para as pessoas

que trabalham em turnos alternativos, para as que viajam muito e para as que comem fora. -
Receitas superpráticas e deliciosas. - Listas simples de alimentos permitidos e flexibilidade para ajustes.

Mes petits apéros dînatoires magiques

By : **Xavier Kreutzer & Alix Lefief-Delco**

Vos amis débarquent ce soir et vous n'avez rien eu le temps de préparer ? Et si vous optiez pour un apéro dînatoire ? Moins formel qu'un dîner et beaucoup plus simple à organiser, c'est la solution idéale pour passer un moment plein de convivialité. Mais quand on pense apéritif, on pense souvent charcuterie, chips et bières. Oubliez tout ça, il y a beaucoup, beaucoup mieux ! Découvrez dans ce guide très pratique tout ce qu'il y a à savoir sur ce repas pas comme les autres : Les secrets pour des apéros réussis : les conseils d'organisation, les quantités à prévoir selon le nombre de convives, les idées déco, le matériel (verrines, piques, cuillères...), les astuces pour préparer le maximum de choses à l'avance... Les meilleurs thèmes pour un apéro dînatoire minceur, santé et original : bio-végétarien, asiatique, italien, classique revisité, sucré-salé... des thématiques variées pour combler tous ses invités. Et bien sûr des recettes simples et délicieuses : Gaspacho de concombre aux herbes, Roulés de saumon aux haricots vert, Petits samoussas de légumes à la coriandre (les recettes en couverture), Sangria sans alcool, Jus de carotte épicé... À tomber ! Bluffez vos invités avec des recettes simples, diététiques et savoureuses !

La miel

By : **Mina Editores**

Uno de los manjares del que nos ha dotado la naturaleza para preservar nuestra salud y entrar en equilibrio con ella, es la miel de abeja, la cual no es otra cosa más que el dulce extraído de las plantas, procesado y almacenado por las abejas; compuesto principalmente de agua, azúcares naturales, minerales y vitaminas. La miel de abeja tiene diversas aplicaciones y usos que pueden ayudarnos a mejorar nuestro nivel de vida.

Homemade Naturally Fermented Foods

By : **Adele Cruz**

HOMEMADE NATURALLY FERMENTED FOODS gives not only tasty recipes but also are filled with helpful tips, information important to safe fermenting, and interesting facts for the ease which not only takes the stress out of at-home fermentation but makes it fun and enjoyable process. Enjoy your own homemade kefir, kombucha, cultured veggies, sprouted bread, drinks, natural soda, yogurt, cheese, meat, fish and much more. Master the art of home fermenting in an easy to understand and straightforward way. HOMEMADE NATURALLY FERMENTED FOODS book is Recipes of Cultured Vegetable, Cultured Fruit, Fermented Grains, Fermented Drinks, Fermented Dairy Products, Fermented Sauce, Ketch up & Vinegar, Fermented Fish, Fish Sauce & Meats, and Other Delicacies for Breakfast. Few topics which are covered in the HOMEMADE NATURALLY FERMENTED FOODS are: Introduction of needed equipment and ingredients. Great reasons to start making and eating fermented foods. Selecting Produce for Fermenting. Choosing Meat, Eggs, and other Ingredients for Fermenting. Essential information about fermenting veggies, fruits, grains etc. Troubleshooting.

Weight Loss for People Who Feel Too Much

By : **Colette Baron-Reid**

Here's the truth: Other people's drama is making you fat. You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to person for a whole list of people

when the going gets tough! But is your caring nature keeping you out of the best shape of your life? Break the cycle and be the loving person you are—without letting other people’s drama keep you from being a hot mamma! *Weight Loss for People Who Feel Too Much* focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food. This 4-step, 8-week program will show you how to finally let go of what’s weighing you down, physically and emotionally. You will learn how to:

- Reverse empathy overload and establish healthy boundaries
- Avoid the “noisy” trigger foods that lead to autopilot eating
- Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve

This book is your guide to having a new healthy, loving relationship with your food and your feelings. It’s the end to other people’s drama—and the beginning to the body (and life) you deserve! From the Hardcover edition.

Your set point, or typical body weight, is determined by your genes and your environment. Many modern lifestyle habits—including getting too little sleep and eating on the run—have conspired to raise many people's set points to unhealthily high levels. According to Dr. Blackburn's theory, if you set a reasonable goal to lose about 10 percent of your initial body weight, then hold steady at your new weight without regaining any pounds for at least six months, you can reset your body's set point. What's different about Break Through Your Set Point is that it gives you specific tools and targeted advice to effect and sustain those changes. The book you're holding includes all the tips and tricks I've prescribed to my own patients to help them restructure their eating and exercise habits and lose weight.