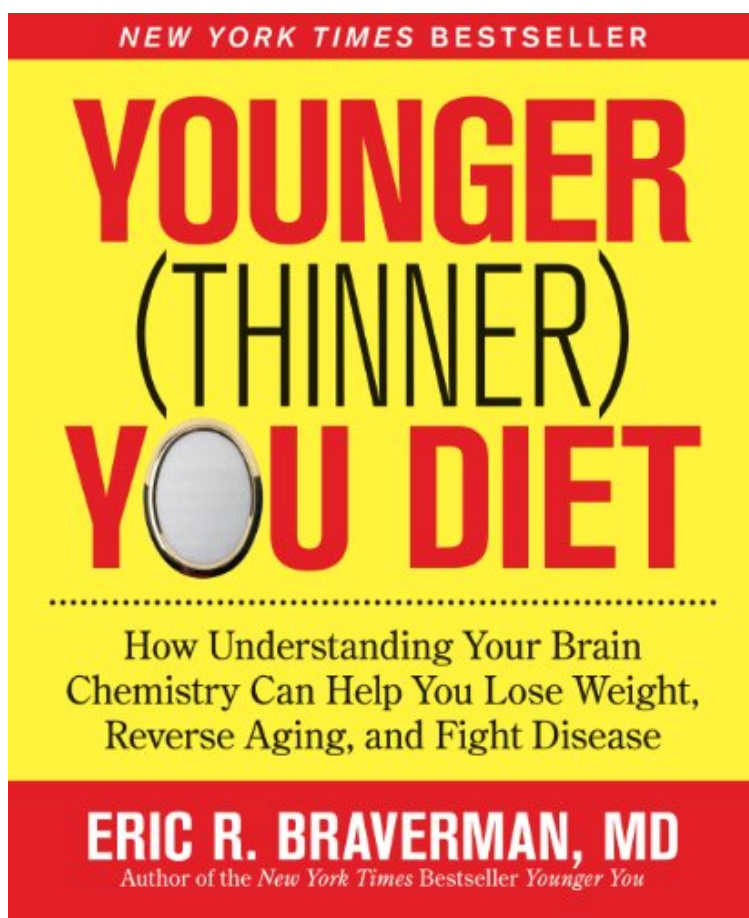


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# Younger (Thinner) You Diet:How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease



Par Eric R. Braverman MD  
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## Description :

Prsentation de l'diteurNew research in nutrition and weight loss has revealed an amazing discovery: the brain--virtually neglected in all other diet plans--is the most important organ in dieting. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss--a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry.In *Younger (Thinner) You Diet*, Dr. Eric Braverman expands upon concepts introduced in *Younger You* to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical imbalance, an addictive disorder, treated successfully only through the combined approach of diet,

nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers: Which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine How to choose foods, supplements, teas, and spices--even hormones and medicine--to avoid the effects of other aging organs that can destroy one's metabolism How to personalize the diet for specific health concerns, such as heart problems, aging skin, weak muscles, and achy joints Eliminating the frustration and deprivation of conventional dieting, The Younger (Thinner) You Diet will help anyone turn back the clock to a slimmer, healthier, younger you. Presentation de l'diteur New research in nutrition and weight loss has revealed an amazing discovery: the brain--virtually neglected in all other diet plans--is the most important organ in dieting. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss--a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry. In Younger (Thinner) You Diet, Dr. Eric Braverman expands upon concepts introduced in Younger You to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical imbalance, an addictive disorder, treated successfully only through the combined approach of diet, nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers: Which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine How to choose foods, supplements, teas, and spices--even hormones and medicine--to avoid the effects of other aging organs that can destroy one's metabolism How to personalize the diet for specific health concerns, such as heart problems, aging skin, weak muscles, and achy joints Eliminating the frustration and deprivation of conventional dieting, The Younger (Thinner) You Diet will help anyone turn back the clock to a slimmer, healthier, younger you.