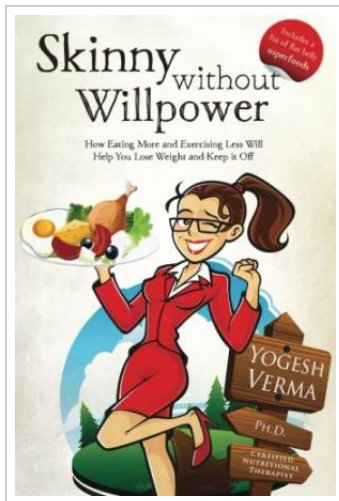




Skinny Without Willpower: How Eating More and Exercising Less Will Help You Lose Weight and Keep It Off (Paperback)

By Yogesh Verma

Axiom Nutrifit, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Our diets in the last half-century have been shaped by pseudoscience and rampant misinformation driven by food politics and corporate bottom lines. The resulting nutritional disaster has not only made us fatter and sicker but also literally made us prisoners of our own bodies. We try to break free every now and then, but end up in the same (body) prison, which only gets bigger every time we come back. The real cause of weight gain is our bodies altered hormonal state brought on by the modern Western diet. This altered hormonal state is causing our bodies to be in constant fat storage mode. Everything we eat, the body wants to store as fat. The result: excessive hunger and lethargy! This has slowly pushed our bodyweight set-point toward increasing adiposity. In this state, when we try to lose weight by eating less and exercising more, powerful evolutionary forces of HUNGER and METABOLISM come into play to maintain our bodyweight set-point. The eat less and exercise more prescription merely addresses the symptom of weight gain without fixing the real underlying cause. This is why...



READ ONLINE
[7.9 MB]

Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

-- **Perry Reinger**

Good eBook and beneficial one. It really is simplified but unexpected situations from the 50 percent from the ebook. You can expect to like the way the blogger publish this ebook.

-- **Bridie Stracke DDS**

Relevant PDFs



Can You Do This? NF (Turquoise B)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Can You Do This? NF (Turquoise B), Diana Noonan, This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach...



Creative Kids Preschool Arts and Crafts by Grace Jasmine 1997 Paperback New Edition Teachers Edition of Textbook

Book Condition: Brand New. Book Condition: Brand New.



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran's New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! * I am a...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Illustrated Computer Concepts and Microsoft Office 365 Office 2016

Cengage Learning, Inc, United States, 2016. Paperback. Book Condition: New. Language: English . Brand New Book. Now you can master today's most important computer concepts as well as key Microsoft Office 2016 skills with the user-friendly approach found in ILLUSTRATED COMPUTER...