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KEY=MENUS - SIENA STEVENS

The Blood Sugar Solution 10-Day Detox Diet Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Little, Brown Spark Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, **THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET** presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, **THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET** is the fastest way to lose weight, prevent disease, and feel your best. **The New Sugar Busters! Cut Sugar to Trim Fat Ballantine Books WIN THE FIGHT AGAINST FAT--THE SUGAR BUSTERS!® WAY** When **SUGAR BUSTERS!** hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people across the country on the **SUGAR BUSTERS!** plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated--incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you'll find amazing testimonials from men and women who are losing weight and feeling fit the **SUGAR BUSTERS!** way; frequently asked questions and helpful answers; the latest on diabetes--and how **SUGAR BUSTERS!** can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you've always wanted. When it comes to optimal wellness on the **SUGAR BUSTERS!** program, it's survival of the fittest--a way of life in which everybody wins! **The Sugar Detox Lose Weight, Feel Great and Look Years Younger Random House** Sugar is the new controlled substance. More addictive than cocaine, the deadly white stuff has become the focus of health professionals worldwide who are highlighting the dangers of over-indulgence. And whilst we all know that a diet high in sugar can cause obesity, heart disease, cancer and diabetes, it is now also linked to a wide range of other serious health conditions, such as poor brain development in children, cataracts - even Alzheimer's. Quite simply, our excess intake of sugar, from the spoonfuls we tip into our tea to the high levels of fructose hidden in packaged foods, is making us fat and sick, and is prematurely ageing our skin. In *Sugar Detox* nutritionist Brooke Alpert and dermatologist Dr Patricia Farris provide a revolutionary plan which will limit excess blood sugar, slim your waistline and increase your energy levels. It will help you to recapture youthful skin and good health. The secret? * A three-day detox sugar fix to rid your system of sugar and a three-day skin fix to pamper you on your journey to looking and feeling great * A four-week eating plan, delicious recipes and menus to help you to lose - and keep off - unwanted pounds now and in the future * A four-week skincare regime to fight the ageing process and keep your skin looking as youthful as ever. This is an easy-to-follow plan for looking and feeling your best - and most importantly, it will break your sugar addiction once and for all. **Davina's 5 Weeks to Sugar-Free Yummy, easy recipes to help you kick sugar and feel amazing Hachette UK** 'Hi, my name is Davina, and I'm a sugar addict . . .' Davina McCall loves a challenge. And giving up sugar has been one of her toughest yet. In this beautiful cookbook, Davina shares her favourite super-healthy recipes that have helped her kick the sugar habit and cut out junk food for good. These recipes: *are easy to make but taste amazing *contain the foods that help you look and feel great *have no long lists of scary, hard-to-find ingredients This is real food for real life! **5 WEEKS TO SUGAR-FREE** also includes a 5 week meal planner that works towards curbing sweet cravings and cutting out all processed foods. Davina is no guru, she's one of us, so her plan also includes pudding recipes that help the most sweet-toothed chocoholic kick the added sugar habit. Simple, delicious and brimming with flavour, these recipes take the faff out of sugar-free! **The Blood Sugar Solution The Bestselling Programme for Preventing Diabetes, Losing Weight and Feeling Great Hachette UK** The No.1 New York Times bestselling programme to fight diabetes, lose weight, and stay healthy. By 2025 there will be more than 4 million people in Britain with diabetes. Every day, 400 new cases are diagnosed. In *The Blood Sugar Solution*, Dr Mark Hyman reveals that the secret solution to losing weight and preventing diabetes - as well as heart disease, stroke, dementia, and cancer - is balanced insulin levels. *The Blood Sugar Solution*, Dr. Hyman gives us the tools to achieve this with his revolutionary six-week healthy-living programme and the seven keys to achieving wellness - nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind. With advice on diet, exercise, supplements and medication, and options to personalise the plan for optimal results, *The Blood Sugar Solution* teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever. **The Blood Sugar Solution Cookbook More than 175 Ultra-Tasty Recipes for Total Health and Weight Loss Hachette UK** Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. In *The Blood Sugar Solution Cookbook*, Dr. Mark Hyman shares recipes that support the *Blood Sugar Solution* lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. *The Blood Sugar Solution Cookbook* will illuminate your inner nutritionist and chef. **The Pegan Diet 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World Hachette UK** The New York Times Bestseller _____ For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible - both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With *The Pegan Diet*, a food is medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring 30 recipes, and plenty of infographics illustrating the concepts, *The Pegan Diet* offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy - for life. 'Now, more than ever, we need to utilize the power of food to help our society overcome the epidemic of chronic disease. *The Pegan Diet* offers an easy-to-implement solution for anyone to get started on their health journey using 21 basic principles that show how we can use food as medicine.' Arianna Huffington, Founder & CEO, Thrive Global **Sugar Detox for Beginners: Your Guide to Starting a 21-Day Sugar Detox Callisto Media Inc** Beat Your Sugar Addiction Once and for All Sugar is an addictive substance, just like caffeine, nicotine, or alcohol. Eating too much sugar can have serious, long-term consequences for your health and your appearance. *The Sugar Detox for Beginners* will give you the tools you need to seize control of your sugar intake. A sugar detox diet is the most effective way to remove sugar from your system and break the dangerous cycle of unhealthy sugar cravings. With *The Sugar Detox Diet*, you will get over 75 delicious sugar detox recipes to help you feel more energetic and clear-headed than ever before. *Sugar Detox for Beginners* will help you start an effective sugar detox today, with: • 77 delicious and nutritious recipes for an easy sugar detox, including Almond Pancakes, Lemony Hummus, Tuna Salad, and Salmon Teriyaki • A complete 21-day sugar detox plan when you want to gradually remove sugar from your diet • 3-day sugar detox plan for when you want to get rid of sugar quickly • The science behind sugar addiction 10 tips to beat sugar cravings *Sugar Detox for Beginners* will help you reduce your sugar intake without depriving you of the delicious, feel-good foods that you love. **The Hormone Diet A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer Rodale** Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders. **The Last Resort Sugar Detox Guide: Learn How Quickly and Easily Detox from Sugar and Stop Cravings Completely Independently Published The 9-Day Liver Detox Diet The Definitive Diet That Delivers Results Random House LLC** Outlines a method for bolstering liver health through strategic meals and superfoods rather than fasts and starvation methods, counseling readers on how to improve overall bodily function by minimizing toxins ranging from alcohol and caffeine to pesticides and artificial sweeteners. Original. **The Starch Solution Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! Rodale** Fear of carbs has taken over the diet industry for the past few decades--the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. Here, diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, show that a starch-rich diet can actually help you lose weight and prevent a variety of ills. By fueling your body primarily with carbohydrates rather than proteins and fats, you'll feel satisfied, boost energy, and look and feel better.--From publisher description. **Eat Fat Get Thin Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Hachette UK** A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from New York Times #1 bestselling author For decades we've been told that the fat we eat turns to fat in the body, contributing to weight gain, heart disease, diabetes, and generally poor health. And yet, even with all our low-fat products, we're fatter and sicker than ever before. What's going on? Could it be that the most feared food group is actually...the most helpful? As 'Pegan Plan' creator and author Dr Mark Hyman explains in *Eat Fat Get Thin*, a growing body of research is revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, coconut oil, and other delicious superfoods. That's right - as it turns out, the key to losing weight, increasing overall energy, and achieving optimum wellness is eating more fat, not less. Dr Hyman debunks some of our most persistent fat-phobic myths and clearly explains the science behind fat's health benefits. In addition to learning why fat is good and which fats are best, you'll learn how to apply that knowledge to your day-to-day life. With easy-to-follow advice, simple and flavourful recipes, shopping lists, and more, *Eat Fat Get Thin* will help you lose weight and stay healthy for life. **Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health Harper Collins** Renowned cardiologist William Davis explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges and reverse myriad health problems. **Sugar Free The Complete Guide to Quit Sugar and Lose Weight Naturally Sonoma Press** Recent scientific studies have proven that sugar is an addictive substance, just like caffeine, nicotine, or alcohol, and that consuming too much sugar can have serious, long-term consequences on both health and appearance. *Sugar Free* helps readers remove sugar from their system and break the dangerous cycle of unhealthy sugar cravings once and for all, with a plan that leads to weight loss, improved appearance, and an increase in energy. With an easy-to-follow 28-day plan and over 175 simple, delicious recipes, *Sugar Free* gives readers all the tools they need to fight the dangerous effects of sugar intake. **The Warrior Diet Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body Blue Snake Books** Reshape your body and mind by eating light during the day and filling up at night--the core tenet of this revolutionary nutrition program based on survival science Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In *The Warrior Diet*, Ori Hofmekler looks not forward but backward for a solution--to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple

lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, *The Warrior Diet* shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health. **The Blood Sugar Solution 10-Day Detox Diet Cookbook More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life Hachette UK** The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss program, the #1 New York Times bestseller *The Blood Sugar Solution 10-Day Detox Diet*, with more than 150 recipes for immediate results. Dr. Hyman's bestselling *The Blood Sugar Solution 10-Day Detox Diet* offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health. With easy-to-prepare, delicious recipes for every meal -- including breakfast smoothies, lunches like Waldorf Salad with Smoked Paprika, and Grass-Fed Beef Bolognese for dinner -- you can achieve fast and sustained weight loss by activating your natural ability to burn fat, reducing insulin levels and inflammation, reprogramming your metabolism, shutting off your fat-storing genes, creating effortless appetite control, and soothing stress. Your health is a lifelong journey. *The Blood Sugar Solution 10-Day Detox Diet Cookbook* helps make that journey both do-able and delicious. **Diet and the Disease of Civilization Rutgers University Press** Diet books contribute to a \$60-billion industry as they speak to the 45 million Americans who diet every year. Yet these books don't just tell readers what to eat: they offer complete philosophies about who Americans are and how we should live. *Diet and the Disease of Civilization* interrupts the predictable debate about eating right to ask a hard question: what if it's not calories—but concepts—that should be counted? Cultural critic Adrienne Rose Bitar reveals how four popular diets retell the “Fall of Man” as the narrative backbone for our national consciousness. Intensifying the moral panic of the obesity epidemic, they depict civilization itself as a disease and offer diet as the one true cure. Bitar reads each diet—the Paleo Diet, the Garden of Eden Diet, the Pacific Island Diet, the detoxification or detox diet—as both myth and manual, a story with side effects shaping social movements, driving industry, and constructing fundamental ideas about sickness and health. *Diet and the Disease of Civilization* unearths the ways in which diet books are actually utopian manifestos not just for better bodies, but also for a healthier society and a more perfect world. **The South Beach Diet Cookbook More Than 200 Delicious Recipes That Fit the Nation's Top Diet Rodale** A companion to “The South Beach Diet” presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories. **10-Day Green Smoothie Cleanse Lose Up to 15 Pounds in 10 Days! Hay House, Inc** The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind and improve your overall health. Made up of super-nutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals **The 21-Day Sugar Detox Bust Sugar & Carb Cravings Naturally Victory Belt Publishing** The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other “diet” programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program should be to support your body in naturally cleansing itself of substances that create negative health effects—and that's exactly what The 21-Day Sugar Detox does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body—and just how much nutrition affects your entire life. There's no reason to wait! SUGAR IS TAKING OVER OUR LIVES. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, “hidden” carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting—or needing—to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? The 21-Day Sugar Detox is here to help. **Rewire Your Brain Think Your Way to a Better Life John Wiley & Sons** How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's “softwired” by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations. **The Hormone Reset Diet Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days Harper Collins** The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don't think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss. **Integrative Medicine Elsevier Health Sciences** Drawing on solid scientific evidence as well as extensive first-hand experience, this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice. It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments... presents integrative treatments for a full range of diseases and conditions, including autism, stroke, chronic fatigue syndrome, and various forms of cancer...explores how to advise patients on health maintenance and wellness...and offers advice on topics such as meditation, diet, and exercises for back pain. 24 new chapters, a new organization, make this landmark reference more useful than ever. Provides dosages and precautions to help you avoid potential complications. Delivers therapy-based pearls to enhance your patient care. Facilitates patient education with helpful handouts. Offers helpful icons that highlight the level and quality of evidence for each specific modality. Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device. Presents a new organization, with numerous section headings and subheadings, for greater ease of reference. Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice. **The 20/20 Diet Turn Your Weight Loss Vision Into Reality** The 20/20 Diet by Dr. Phil McGraw gives readers a perfect, 20/20 vision of what their lives and bodies will look like when they finally lose weight and keep it off forever. **The Obesity Code the bestselling guide to unlocking the secrets of weight loss Scribe Publications** We are in the midst of an obesity epidemic, but despite being inundated with diet advice we are only getting fatter. We count calories and exercise regularly, yet still the pounds won't budge. Why? In this highly readable and provocative book, Dr Jason Fung sets out a groundbreaking new theory: that obesity is caused by our hormones, rather than a lack of self-control. He reveals that overproduction of insulin in the body is the root cause of obesity and obesity-related illnesses including type 2 diabetes, and offers robust scientific evidence that reversing insulin resistance is the only way to lose weight in the long term. It turns out that when we eat is just as important as what we eat, so in addition to his five basic steps — a set of life-long eating habits that will improve your health and control your insulin levels — Dr Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight — for good. **Ketotarian The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation: A Cookbook Penguin A Goop Book Club Pick** A new twist on keto: The fat-burning power of ketogenic eating meets the clean green benefits of a plant-centric plate The keto craze is just getting warmed up. The ketogenic diet kick-starts your body's metabolism so it burns fat, instead of sugar, as its primary fuel. But most ketogenic plans are meat- and dairy-heavy, creating a host of other problems, especially for those who prefer plants at the center of the plate. Dr. Will Cole comes to the rescue with *Ketotarian*, which has all the fat-burning benefits without the antibiotics and hormones that are packed into most keto diets. First developed for individuals suffering from seizures, keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer's and some cancers. Adding a plant-based twist, *Ketotarian* includes more than 75 recipes that are vegetarian, vegan, or pescatarian, offering a range of delicious and healthy choices for achieving weight loss, renewed health, robust energy, and better brain function. Packed with expert tips, tricks, and advice for going--and staying--Ketotarian, including managing macronutrients, balancing electrolytes, and finding your carb sweet spot, this best-of-both-worlds program is a game-changer for anyone who wants to tame inflammation and achieve peak physical and mental performance. Let the Ketotarian revolution begin! **The Omni Diet The Revolutionary 70% PLANT + 30% PROTEIN Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever St. Martin's Press** By the time she had reached her mid-30s, Tana Amen had nearly given up on good health. Through a lifetime of chronic medical ailments, including severe digestive issues, recurrent infections and, most devastatingly, a battle with thyroid cancer, there was never a point when Tana felt consistently healthy. Doctors ascribed her poor health to genetics, bad luck, and a family history of obesity and heart disease. But even when Tana committed to a standard fitness and eating regimen, her health failed to improve. That's when she realized that she needed to make a real change. She needed to figure out how to improve her health . . . for good. *The Omni Diet* is the culmination of a decade-long quest by Tana Amen to study the relationship between food and the body, and to understand how proper nutrition not only impacts weight loss, but actually holds the key to reversing chronic disease, decreasing inflammation, healing the body, and dramatically improving quality of life. So what is *The Omni Diet*? It's an easy-to-follow plan based on a 70/30 plant-to-protein model. This is not a restrictive diet or another page in the high-protein vs. vegetarian diet wars, but a universal map to better health, one that Tana has distilled into a lean six-week program. It offers a simple plan that provides an abundance of illness-fighting nutrients from plant-based foods and high-quality protein to keep the brain sharp and muscles and organs functioning at peak condition. The balance of 70% plant-based foods and 30% protein restores energy, slashes risk of disease, optimizes brain and hormone functioning, produces dramatic weight loss, and promotes health from the inside out. With delicious and satisfying recipes, easy-to-follow exercises, and important advice and tips, you will see results -- in your weight and overall health - immediately. Follow this revolutionary, paradigm-shifting plan and experience its life-changing results as you unleash the healing power of food. **The Fast Diet The Simple Secret of Intermittent Fasting : Lose Weight, Stay Healthy, Live Longer Short Books** Originally published in New York by Atria Books, 2013. **Skinny Bitch A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous! ReadHowYouWant.com** Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, Soda is liquid Satan and You are a total moron if you think the Atkins Diet will make you thin, it's a rallying cry for all savvy women to start

eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. **Skinny Bitch** espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling clean and pure and energized. **Blast the Sugar Out! Lower Blood Sugar, Lose Weight, Live Better St. Martin's Press** Do you want to lose weight? In *BLAST the Sugar Out!*, Ian K. Smith, #1 New York Times bestselling author of *The Shred Power Cleanse*, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing fast. Has your doctor suggested you get your blood sugar numbers down? This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily. Do you need a plan that will decrease your fat and increase your lean muscle? The *BLAST the Sugar Out!* five-week program is structured and clear about what you must eat at meals and for snacks every day to keep on track. There's no meal skipping, plenty of food, and short bursts of exercise to super-charge your results. You won't be hungry on *BLAST the Sugar Out!* You'll eat, drink, and learn to really taste good food again. Features more than 45 recipes for breakfast, lunch, dinner and smoothies to satisfy every craving. **Your Guide to Lowering Your Cholesterol with TLC :. The Thrive Diet The Whole Food Way To Losing Weight Reducing Stress And Staying Penguin Canada** The Thrive Diet reduce body fat * diminish visible signs of aging * boost energy and mental clarity * enhance mood * increase productivity * eliminate junk food cravings and hunger * build a stronger immune system * lower cholesterol * improve sleep quality * stay healthy for life The Thrive Diet is a long-term eating plan that will help you achieve optimal health through stress-busting plant-based whole foods. It's an easy-to-follow diet that will help you understand why some foods create nutritional stress and how other foods can help eliminate it, giving you a lean body, sharp mind, and everlasting energy. Fully researched and developed by Brendan Brazier, professional Ironman triathlete, *The Thrive Diet* features: - the best whole foods - a 12-week whole foods meal plan - over 100 easy-to-make recipes with raw food options that are all wheat-, gluten-, soy-, corn-, refined sugar- and dairy-free, including exercise-specific recipes for pre-workout snacks, energy gels, sport drinks, and recovery foods - an easy-to-follow exercise plan that compliments *The Thrive Diet* - environmental preservation—learn how *The Thrive Diet* can help **Your Guide to Lowering Your Blood Pressure with Dash Dash Eating Plan Createspace Independent Publishing Platform** This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan—and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption—2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 "U.S. Dietary Guidelines for Americans." The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat—about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake. **The Autoimmune Solution Cookbook Over 150 Delicious Recipes to Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases HarperCollins** The companion cookbook to the revolutionary New York Times bestseller *The Autoimmune Solution*, filled with more than 150 nutritious, easy-to-prepare, every day recipes to heal symptoms of inflammation and autoimmune disorders, including Graves' Disease, Psoriasis, Fibromyalgia, Lupus, Celiac disease, Hashimoto's thyroiditis, and Multiple sclerosis. Nine in ten Americans suffer from inflammation or an autoimmune disorder—conditions for which conventional medicine has no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But as Dr. Amy Myers revealed in *The Autoimmune Solution*, there are solutions. In this invaluable cookbook, she now shows you how to repair your body and reverse your symptoms by eating your way to good health. *The Autoimmune Solution Cookbook* delivers more than 150 grain-free recipes designed to prevent and reverse the full spectrum of autoimmune diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, fatigue, multiple sclerosis, colitis, Graves' disease, and Hashimoto's thyroiditis. As our food and environment becomes more toxic, the health of millions of us have been impaired. Thanks to Dr. Myers, you no longer need to rely on prescriptions—with troubling, sometimes dangerous side effects—to counteract your body's over-reactive immune system. *The Autoimmune Solution Cookbook* is the healthy alternative to cope with and conquer inflammatory-related symptoms and diseases. **Cooking for Hormone Balance A Proven, Practical Program with Over 125 Easy, Delicious Recipes to Boost Energy and Mood, Lower Inflammation, Gain Strength, and Restore a Healthy Weight HarperCollins** A breakthrough program with more than 125 tempting, nutrient-dense recipes for thyroid conditions, Hashimoto's, adrenal fatigue, menopause, endometriosis, fibroids, breast health, PMS, PCOS, and other hormonal imbalances. Millions of women suffer from the life-altering, often debilitating symptoms resulting from hormonal imbalances: stubborn weight gain, fatigue, brain fog, depression, insomnia, digestive issues, and more. The good news is that most of these conditions are reversible. Integrative hormone and nutrition expert Magdalena Wszelaki knows this first-hand. Developing hyperthyroidism and then Hashimoto's, adrenal fatigue, and estrogen dominance propelled her to leave a high-pressured advertising career and develop a new way of eating that would repair and keep her hormones working smoothly. Now symptom free, Magdalena shares her practical, proven knowledge so other women may benefit. Drawing on current research and the programs she has developed and used to help thousands of women, she offers clear, concise action plans for what to remove and add to our daily diet to regain hormonal balance, including guides for specific conditions and more than 125 easy-to-prepare, flavorful, and anti-inflammatory recipes that are free of gluten, dairy, soy, corn, and nightshades and low in sugar. Based on twenty hormone-supporting superfoods and twenty hormone-supporting super herbs—with modifications for Paleo, Paleo for Autoimmunity (AIP), anti-Candida, and low-FODMAP diets—these healing recipes include a terrific selection for everyday meals, from Sweet Potato and Sage Pancakes and Honey Glazed Tarragon Chicken to a Decadent Chocolate Cherry Smoothie. With make-ahead meals, under-thirty-minute recipes, and time-saving tips and techniques, *Cooking for Hormone Balance* emphasizes minimal effort for maximum results—a comprehensive food-as-medicine approach for tackling hormone imbalance and eating your way to better health. **Reverse Diabetes A 12-Week Plan for Lowering Your Blood Sugar by 25% Readers Digest** Eliminates the guesswork and shows the steps necessary to lower blood sugar, trim inches, and track success in the twelve-week diary. **The Toxin Solution How Hidden Poisons in the Air, Water, Food, and Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT HarperCollins** Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health guide from a pioneer in integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country's first and largest fully accredited university of natural medicine. Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages. In *The Toxin Solution*, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to: Avoid toxins in food and the products you use; Mend your gut and prepare for detox; Support your body in releasing the chemicals; Repair some of the damage toxins have caused. Fortunately, our bodies have a tremendous capacity for healing and recovery. With *The Toxin Solution* you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life. **The Slim Solution Hachette UK** With this book you will: Seize the day! Realise that now is the time to make changes that will last for LIFE! Lose weight and gain health without shakes, fad diets or supplements Improve your fitness significantly with a routine that builds in intensity along with your strength, showing you just how easy it is Motivate yourself to look and feel the best you can, while reducing stress levels. So, if you know it's time to say goodbye to extra pounds, negative thinking and that heavy feeling that keeps you firmly on the couch, take the 30-day challenge. As you awaken your mind and body to truly feeling alive again, you'll find out what a difference a month can make to a lasting new you. **Eat to Live The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss Hachette UK** Hailed a "medical breakthrough" by Dr. Mehmet Oz, *Eat to Live* offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. *Eat to Live* has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly—and keep them off. "Dr. Fuhrman's formula is simple, safe, and solid." --Body and Soul