

Happy Hormones Slim Belly Diet

[#happy hormones diet](#) [#slim belly diet plan](#) [#hormone balance weight loss](#) [#natural mood improvement diet](#) [#belly fat reduction tips](#)

Discover the Happy Hormones Slim Belly Diet, a comprehensive plan designed to naturally balance your hormones for effective weight loss and a noticeably slimmer waistline. This approach not only targets stubborn belly fat but also promotes improved mood and overall well-being, helping you feel happier and healthier from the inside out.

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Happy Hormones, Slim Belly

THE NEW DIETARY SCIENCE FOR WOMEN OVER 40 Science has revealed that most women are drawn to carbs, or "Sugar Calories," due to a biological imperative to balance hormones. The irony is that you must cut Sugar Calories to lose weight, but you must also eat Sugar Calories to balance hormones. With Happy Hormones, Slim Belly™, you will discover the newest dietary science for women over 40: Women's Carb Cycling™. It balances your hormones so you can lose up to 7 lbs. in a week, and then 2 lbs. weekly—guaranteed!

Stubborn Fat Gone!

"Breakthrough research has confirmed that combining the right diet with the right mind-set is the secret to eliminating the most stubborn of all fat: belly fat. Stress is the number one reason so many of are led to self-sabotage when trying to eat well, but following Jorge Cruise's revolutionary carb control [may] curb your cravings and balance your hormones"--

Belly Fat Diet - Fast Cure

Understand What Belly Fat is, The Part Your Hormones Play and How It Is Effecting Your Lives. Discover How to Reduce it By a Diet Plan Specially Designed For it If you have struggled to lose weight or keep it off, I guarantee that your hormones are at play. Your hormones control every aspect of weight loss including your metabolism, where you store your fat, your appetite and even your cravings! This means any form of hormonal imbalance will sabotage your efforts - regardless of your diet and exercise habits. Elizabeth Cruise explains in this book that your belly fat has little or nothing to do with calories, carbs or your exercise regime but everything to do with your hormones. In "Belly Fat Diet - Fast Cure: Your Hormonal Reset Diet and Cookbook to Losing Weight," you will learn: The Reasons why you

retain fat at your midsection The Dangers of Excess Belly Fat The Hormones that burn belly Fat The Supplements that helps to balance your hormones The 21 Days Meal Plan to reset your hormones level to the optimal level 47 Recipes of Meals included in the 21 Days Meal Plan. What should you expect after implementing the steps in this book? Within four weeks you'll lose pounds from your weight and inches from your waist. And then a Flat Belly. Click download now and be on your weight to a slim waistline, better self-esteem and enjoy the health and vitality that comes with it.

The Belly Fat Cure Fast Track

Cruise explains how the all-new Fast Track program can release up to 14 pounds in 14 days by naturally cleansing one's system of trapped waste and melting pounds of flab with the power of skinny fats.

The Hormone Diet

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 Belly Fat Cure

This simple guide makes smart eating effortless and affordable. It includes more than 1,500 options customized for carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans, 334 pp.

The 3 Choices

For nearly 20 years, Jorge Cruise has been changing people's lives as a personal trainer, coach, and author of multiple New York Times best-selling fitness books. He thought he had everything he wanted: a thriving career, a loving wife, wonderful children, a big house, and all the toys and gadgets he could ask for . . . So why did he still feel empty inside? It took losing everything for Jorge to realize that he was living a life that wasn't true to himself. He spent years trying to discover and then accept his authentic self, a journey that culminated in his discovery of the three simple choices that lead to a happy life. Once he internalized these concepts, Jorge began to wake up every day feeling fulfilled, hopeful, loving, and free—and as he shared his discovery with clients, he saw them experience the very same results. Now, with Jorge as your guide, you too can easily and joyfully find your happy life by making three simple choices that will change everything: •Be Imperfectly You: Understand and reconnect with your authentic self, learn how to accept your flaws, and then reveal and live the best part of you with the help of customized affirmations from Jorge that make up your "Happy Code." •Don't Hold Your Breath: Get a short course in the practice of mindfulness, starting with your breath; learn the science behind the benefits of breathing and mindfulness for your brain, body, and spirit; and be guided through different breathing techniques for specific purposes, including stress relief, immune boost, and calming emotions. •Move to Improve: Learn why movement (and not necessarily traditional exercise!) is essential for mental and physical health, understand what fuels motivation, harness the power of personal meaning, and use a scientifically proven method to transform movement into a true habit. With every choice you make, moment by moment, you have the power to give yourself the happy life you truly desire. So make your first choice now—open the book, open your mind, and get ready to wake up every day feeling what you want to feel.

The Hormone Reset Diet

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.

The Aging Cure

Guide to feeling better and younger by following a diet that avoids hidden sugar and is rich in antioxidants.

Inches Off! Your Tummy

Jorge Cruise unleashes his new fitness and weight-loss series with one simple piece of advice: Work smarter, not harder. With his revolutionary 5-Minute Fitness Formula and 6-Day Challenge, he shatters the conventional wisdom that rapid, lasting weight loss can only be achieved through hours and hours in the gym, day after day. In *Inches Off! Your Tummy*, Jorge unveils the most effective exercise formula to optimize belly-fat burn all day—using compound exercises to hit virtually every muscle in the body with each rep—while also showing readers how to avoid the hidden sugars in foods that signal their bodies to store fat. The outcome: Visible results in 6 days, exercising just 5 minutes per day. With more than 6 million books in print and 3 million online weight-loss clients via JorgeCruise.com, Jorge Cruise is one of the most successful fitness and diet authors on the planet—and his newest book franchise launches now.

Flat Belly Diet!

Offer advice on how to target middle-body fat stores using strategic food combinations, in a guide that also makes recommendations for reducing stress, sleeping more productively, and staying committed to a healthier lifestyle.

Tiny and Full

Eat Off The Pounds! Imagine letting your body do the work for you. You no longer need to cut down your portions or spend countless hours in the gym to lose weight. Because *Tiny and Full* is not a diet—it's a revolutionary lifestyle, where you will discover how to eat MORE and still lose weight. Scientists and researchers have discovered "tiny calorie foods," or foods low in calorie but big in size, that can help you stay TINY but FULL. These foods allow you to turn off hunger by filling up and staying satisfied while cutting calories. Paired with more than 80 delicious recipes—everything from pizza to ice cream, a 12-week easy-to-follow meal planner, shopping lists, and at-home workouts too—you have all the tools you need to reach your weight-loss goals. **NOW HARNESSING THE POWER OF THYROID BOOST** This special edition of *Tiny and Full* now includes a brand-new, gluten-free Thyroid Boost meal planner designed to heal and boost your thyroid to its highest potential. The Thyroid Boost meal planner and recipes will help you overcome chronic fatigue, weight-loss plateaus, constipation, weight gain, and other thyroid issues and symptoms. Jorge Cruise is a leading fitness and nutrition expert and the #1 bestselling author of more than 20 books in 16 languages. His passion for health and fitness is shown on his Facebook Live show, *Tiny Talks*, with over 2 million viewers as well as the E! television series *Revenge Body* with Khloe Kardashian where he trains and transforms Khloe's favorite underdogs.

The Aging Cure

Presents a guide to looking and feeling younger that is based on adopting an antioxidant-rich diet that avoids hidden sugars, in a work that features options customized for meat lovers, dessert lovers, and vegans alike.

The Belly Fat Cure Fast Track

For years, fad diets and infomercials have overwhelmed you with unrealistic-and often unsafe-methods for losing belly fat quickly. It's time to know the truth. Avoiding hidden sugars-not calories-is the true key to weight loss. Combining this discovery with the burn-boosting power of the Ultimate Carb Swap, you will lose up to 14 lbs. in the first 14 days. This doctor-approved, science-based solution includes yummy foods such as cookies, pancakes, burgers, and even wine. So if you are ready to cure belly fat super fast with foods you already have in your kitchen, dig in!

The Belly Fat Cure Sugar & Carb Counter

Based on the revolutionary #1 "New York Times" bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar.

Lose Weight Without Dieting Or Working Out!

Smith's revolutionary system teaches proven methods for permanent weight loss that anyone can follow, no matter her size, income level, or educational level. The end result is a healthy, sexy, slim body.

The Dubrow Diet

When you've tried practically every diet and have struggled for years to reach and maintain a healthy weight, what do you do next? If you're Heather and Terry Dubrow, MD, you create your own diet based on cutting-edge and Nobel-prize winning science that promises not just unprecedented metabolic control, but also an internal cellular rejuvenation with powerful antiaging effects. Then, after creating a diet that can transform your life from the inside out, you want to help as many people as possible look and feel their best, so you write a book about it! In The Dubrow Diet, Orange County's favorite reality TV couple share the diet and exercise plan they created to end their own decades-long yo-yo dieting and flip on what they call the "ageless switch." The central concept is called interval eating, a practice based on research showing that when you eat is perhaps the most important factor in weight loss and weight control. With interval eating, the Dubrows will introduce you to a simple eating schedule that can help you: I reprogram your cells to go after stored fat for fuel. I lower insulin and normalize blood sugar. I fight off chronic inflammation linked to almost every major disease. I activate a process known as autophagy, your cells' self-cleaning process and an antiaging game changer. I increase your energy. I finally reach your goal weight. I rejuvenate your skin and overall appearance. So, what are you waiting for? You have more power than you realize over the hormones that regulate your weight and the molecular factors that determine how you age. It's time to take advantage of this power with a diet that is not only doable but also sustainable and even fun! The Dubrows wouldn't have it any other way.

The UltraSimple Diet

Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely lose up to ten pounds in seven days.

The Cruise Control Diet

"Activate your weight-loss autopilot--use the power of simple on/off fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything. Or, as #1 New York Times bestselling author and celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as "intermittent fasting," Cruise simplifies your calendar by dividing every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight "burn zone" (semi-fasting) followed by an 8-hour "boost zone" (eating). To help you crush cravings throughout, he ingeniously introduces foods that can be consumed in either zone to keep you burning fat all around the clock. You'll never be hungry if you don't really ever have to fully fast! Putting the body on weight-loss autopilot, The Cruise Control Diet includes: - 50 recipes for deliciously unexpected boost-zone foods, such as Margherita pizza, spaghetti squash lasagna, and turmeric shrimp; - 15 high-fat, no-sugar burn-zone recipes for craving-quenching foods like chocolate coconut mousse and caramel chai latte; - Weekly menus and handy grocery lists to take guessing out of the equation; - Candid testimonials

and amazing weight loss results from Cruise's clients; - An optional burn-zone exercise program with instructional photos"--

The Belly Fat Fix

Ever wonder why you can skip meals and cut calories--but never see the scale budge? Or why you keep craving those rich foods that sabotage weight loss? It's easy to blame yourself for a lack of willpower. But the truth is, you can't lose weight and keep it off without balancing your master hunger hormone--ghrelin. Ghrelin is the hormone that tells your body to eat when you're hungry. The right level of ghrelin keeps you feeling satisfied, slim, and healthy. But stress, lack of sleep, or eating at the wrong times can throw off your ghrelin levels, slowing down your metabolism and packing on belly fat and excess pounds. The good news: It's easy to get your ghrelin cycle back on track and shed that belly fat for good. The Belly Fat Fix shows you how to incorporate the science of ghrelin into an easy plan: • A simple diet packed with anti-ghrelin superfoods. More than 50 easy, delicious, ghrelin-busting recipes. • A quick exercise plan to tone you up and help keep ghrelin at bay. Reset your hunger hormone, fire up your metabolism, and lose that extra weight--up to 15 pounds in 30 days--without ever feeling hungry!

The Hormone Cure

A Harvard physician's method to improve physical and mental health by optimizing the hormones in the 30s, 40s, and beyond.

Suzanne Somers' Slim and Sexy Forever

Draws on the latest medical and nutritional research to present an effective approach to losing weight and balancing hormones for optimal health and vitality, without the damage created by the long-term effects of a low carbohydrate diet.

The Leptin Diet

Learn to eat in harmony with the fat hormone leptin and take charge of your health.

The Belly Fat Cure Quick Meals

Based on the #1 New York Times bestseller, The Belly Fat Cure Quick Meals™ gives you options to eat on-the-go meals that will keep you losing 4 to 9 lbs. a week. Whether in the kitchen or in a hurry, use the power of the Everyday Carb Swap™ to enjoy pasta, burgers, chocolate, wine, and even ice cream guilt free! Dig in.

Fat Around the Middle

Women who are apple-shaped need to know this is dangerous and why their previous diets didn't work. This groundbreaking book explains the psychology and genetics of the problem and gives practical food plans that work with the body to improve health and appearance.

Bright Line Eating

A NEW YORK TIMES BESTSELLER Foreword by John Robbins, author of the international bestseller Diet for A New America In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four "Bright Lines"—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above.

Bright Line Eating frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

The 100

#1 New York Times Bestselling Author From best-selling author and weight-loss guru Jorge Cruise comes the next revolution in dieting: The 100 is a myth busting weight loss program based on cutting-edge research that debunks the conventional calorie-counting formula and pioneers an effortless weight loss method. Be a part of the diet revolution and change your relationship with calories forever America's favorite diet and fitness expert, Jorge Cruise, will change the way you think about calories. For years, conventional wisdom has continued to state the wrong and outdated research that says simply counting calories is the key to weight loss, and if you cannot follow that plan, you must lack willpower. Now Jorge Cruise's passion for dietary science has revealed the true cause of the obesity epidemic—counting the wrong calories! The 100 will free you from counting calories and points and constantly trying to eat less with the conclusive truth: all calories are not created equal. Jorge has been working to uncover the latest advances in dietary science for more than a decade, and now the newest science confirms that Sugar Calories are the only calories you'll need to keep track of on this simple, fast, and guilt-free weight-loss plan. Enjoy unlimited amounts of delicious and healthy no-count calories and still eat the foods you love. Learn the right foods to eat without ever feeling hungry or deprived on a plan that is so easy to incorporate and maintain that you can finally put an end to the vicious cycle of dieting. In addition to the 4-week plan, you get shopping lists and recommended food guides that can help you drop up to 18 pounds of stubborn belly fat. The 100 is the only plan you'll ever need. Stop counting the wrong calories and start losing weight and changing your life today with the help of Jorge Cruise and the no-count calorie revolution!

The 4-Hour Body

This book will redefine how you approach losing weight. Based on over 15 years of research and with personal stories, amazing before and after photos, recipes and sidebars, The 4-Hour Body, from international bestselling author Tim Ferriss, will give unbelievable results and change the way you look forever. 'Mr. Ferriss makes difficult things seem very easy' -- NY Times 'The Superman of Silicon Valley' - Wired 'This book has changed my life' -- ***** Reader review 'An uncommon genius' -- ***** Reader review 'This book is awesome' -- ***** Reader review 'Educational and mind blowing' -- ***** Reader review ***** Whatever your physical goal, The 4-Hour Body eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new strategies for redesigning the human body. And you don't need to exhaust yourself. International bestselling author, Timothy Ferriss, helps you reach your true genetic potential in 3-6 months with a commitment of less than four hours per week. You can pick and choose from a menu of options, from simple to extreme, for dramatic body changes. Packed full of personal case studies, before and after photos, recipes and top tips, this book will help you achieve your body goals in record time.

The 21-Day Belly Fix

A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That's the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you'll get arthritis, diabetes, or Alzheimer's. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once “fixed,” you'll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer's, skin disorders, and more. Find focus and clarity with the help of simple and delicious

foods that feed the healthy microorganisms in your gut—and fight the bad ones! The 21-Day Belly Fix is the final word on what researchers call your “second brain” and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix “If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation’s leading experts on integrative medicine.”—Gerard E. Mullin, M.D., associate professor of medicine, Johns Hopkins, and author of The Inside Tract and Integrative Gastroenterology

The Lose Your Belly Diet

We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies. Now we can! The Lose Your Belly Diet is built around a very clear, research-based concept: eating food that nourishes and protects the microbes in your gut paves the way for weight loss and a slimmer middle. Most importantly, having great gut health is linked to good health and wellbeing throughout your body. Scientists in this rapidly growing field are finding connections between the gut microbiome and a healthy immune system and gastrointestinal system, as well as autoimmune diseases (such as rheumatoid arthritis and inflammatory bowel disease), allergies and asthma – even cancer. And with every study that is published, they are convinced that a healthy gut leads to a healthy body. Indeed, when your gut is happy, your skin glows with health and you look and feel younger. The Lose Your Belly Diet includes meal plans, diet recommendations and recipes, giving readers everything they need to make dramatic changes in their GI health, their weight, their belly fat, and their overall health.

The Australian Healthy Hormone Diet

A 4-week reset with recipes and eating plans to help reduce weight, increase energy and improve mood. Are healthy hormones the pathway to weight loss, increased energy and improved mood? It is little-known that hormones play a crucial ongoing role in our most vital bodily functions. Michele Chevalley Hedge, a qualified nutritionalist in private practice, sees countless patients whose busy lives leave them feeling depleted and burnt out, and these symptoms are often linked to hormone imbalances. This four-week plan encompasses nutritional and lifestyle changes to help get your life - and your hormones - back on track. Each day of the plan features tailored advice and a nourishing recipe to help your body 'reset' so that you once again feel energised and fighting fit. Michele also provides tips on how to make positive, lasting changes to your lifestyle that will stay with you long after the four weeks are over. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Dr. Kellyann's Bone Broth Diet

NEW YORK TIMES BESTSELLER • Lose weight safely and easily while spending less time in the kitchen with Dr. Kellyann’s iconic bone broth diet plan, now revised and updated with new chapters and more recipes. “Empowering, user-friendly information supported by the most forward-thinking scientific research available.”—David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain As a naturopathic physician and weight-loss specialist, Dr. Kellyann Petrucci has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than ever before. In just twenty-one days, you, too, can unlock these miraculous results with Dr. Kellyann’s delicious bone broth recipes and groundbreaking mini-fasting plan. In this updated edition, Dr. Kellyann shares new 80/20 recipes for added post-diet flexibility, maintaining the diet template for 80% of your meals while allowing non-diet foods for the other 20%. Along with new research on the benefits of a low-carb diet and fasting, she also shares her best tips for looking beautiful from the inside out and lifestyle advice for staying healthy and vibrant long after you have finished the diet. You’ll learn the science of why bone broth works and how to lose weight safely and easily—cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, Dr. Kellyann’s Bone Broth Diet is your key to a healthier, happier, slimmer, and younger life.

The Slim Solution

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.

Younger

The scientific reality is that 90 per cent of the signs of ageing and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, M.D. has created a revolutionary 7-week programme that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried identifies and builds this book around the five key factors that lead to accelerated aging: the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an accessible and highly practical protocol. Dr. Gottfried's programme makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

Bigger Leaner Stronger

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body By Michael Matthews

FASTer Way to Fat Loss

Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTer Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTer Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTer Way to Fat Loss, details the core components of the FASTer Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTer Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

10 Reasons You Feel Old and Get Fat...

*Are you tired of feeling worn out, sick, and overweight? Why is it that we experience weight gain, fatigue, aches and pains, illnesses, and memory loss as we get older? And, more importantly, do we have to? These ailments do become more common in our 30s and 40s, but they are by no means inevitable. In fact, we are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp—if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline. A pioneer and internationally recognized expert in integrative and functional medicine, Dr. Frank Lipman proves that you don't have to feel this way. You have a choice! In his latest book, Dr. Lipman breaks through the common myths and misconceptions surrounding aging and dieting, and he zeroes in on what you need to do in order to feel your very best. His two-week Revitalize Program brings together key information regarding insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support, and features: delicious, nutritious recipes to support you along the way, handy shopping lists and meal plans, simple exercises, meditation practices, and restorative yoga sequences, information about powerful anti-aging and digestive supplements and vitamins, and more! Dr. Lipman also offers a lifelong Maintenance Program, so that after two life-changing weeks, you can continue on your path toward ultimate health and wellness for years to come. In just two weeks—only 14 days—you can feel so much better than you ever imagined! *This is a book that you'll want to share with your family, friends . . . and anyone else whose health you care about!**

The Diet Whisperer: 12-Week Reset Plan

LOSE UP TO 12KG IN 12 WEEKS Two doctors want to help people lose weight, and they know how to do it. Obesity is now our biggest health threat and is ruining people's lives. Diets work for a while, but then fail. Why? In *The Diet Whisperer*, Dr Paul Barrington Chell and Dr Monique Hope-Ross explain in simple terms why we are now struggling with our weight. And the answers are very surprising. They tell us why calorie counting is flawed, and why exercise is not the answer. They dispel many long-held myths about weight loss and dieting, backing up their methods with up-to-date evidence-based medicine. In this remarkable book on wellness, the two doctors tell us exactly how to lose weight, lose it quickly, and lose it forever. There are easy to follow plans, for fat adapting our bodies and controlling our fat storage hormones. They teach us how to combine these with safe intermittent fasting, to control our weight forever. As a new diet-whisperer, you will have the skills to make your loved ones healthier too.

The Belly Fat Diet

Belly fat: Either you have it, or you are doing everything you can to keep it off. Despite what the headlines on the newsstands claim, achieving a flat stomach is not a ten-minute transformation; it's a lifestyle transformation. In his latest work, bestselling author John Chatham blasts the myths surrounding belly fat. The groundbreaking research in *The Belly Fat Diet* reveals a science based approach to healthy eating and looking good, and it doesn't involve starving yourself. Achieving a flat stomach is not about doing hundreds of crunches or worrying about how much you eat; it's about what you eat. *The Belly Fat Diet* teaches you how to eat more and weigh less, so there's no need to ever go hungry. It's common knowledge that obesity is dangerous to your health, but did you know that belly fat is the deadliest fat on your body? Belly fat increases your risks of heart disease, diabetes and other chronic illnesses. - Discover the scientific secrets to why eating when you are hungry actually leads to shedding weight and stomach fat - *The Belly Fat Diet* offers workouts, healthy meal plans and a shopping list to help you minimize your intake of sugar and processed carbohydrates - Fight disease with a few easy steps that will help reduce your risk of diabetes and heart disease - Learn how to break the cortisol cycle and reverse insulin resistance - Gain scientific insights into the supplements that work and those that don't *The Belly Fat Diet* is more than a diet; it is an easy-to-follow health solution that gets fast, visible, long-lasting results from the inside out.

Polycystic Ovary Syndrome

This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.