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Moving Beyond The Zone

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Stephen Weiss, M.D.

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- **PEAK mental performance**



Brian Scott Peskin, Life-Systems Scientist

Peak Performance Radiant Health Moving Beyond The Zone

Rose Army



Peak Performance Radiant Health Moving Beyond The Zone:

Beyond the Zone Brian Peskin, Marcus Conyers, 2000 *Primal Body, Primal Mind* Nora Gedgaudas, 2011-05-27

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind body wellness Provides sustainable diet strategies to curb sugar cravings promote fat burning and weight loss reduce stress and anxiety improve sleep and moods increase energy and immunity and enhance memory and brain function Shows how our modern diet leads to weight gain and diseases of civilization such as cancer osteoporosis metabolic syndrome heart disease and ADD Explains how diet affects the brain hormone balance and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre agricultural Paleolithic ancestors and the marked decline in stature bone density and dental health and the increase in birth defects malnutrition and disease following the implementation of the agricultural lifestyle Nora Gedgaudas shows how our modern grain and carbohydrate heavy low fat diets are a far cry from the high fat moderate protein hunter gatherer diets we are genetically programmed for leading not only to lifelong weight gain but also to cravings mood disorders cognitive problems and diseases of civilization such as cancer osteoporosis metabolic syndrome insulin resistance heart disease and mental illness Applying modern discoveries to the basic hunter gatherer diet she culls from vast research in evolutionary physiology biochemistry metabolism nutrition and chronic and degenerative disease to unveil a holistic lifestyle for true mind body health and longevity Revealing the primal origins and physiological basis for a high fat moderate protein starch free diet and the importance of adequate omega 3 intake critical to our brain and nervous system but sorely lacking in most people's diets she explains the nutritional problems of grains gluten soy dairy and starchy vegetables which natural fats promote health and which such as canola oil harm it the crucial role of vitamin D in cancer and disease prevention the importance of saturated fat and cholesterol and how diet affects mental health memory cognitive function hormonal balance and cellular aging With step by step guidelines recipes and meal recommendations this book offers sustainable strategies for a primally based yet modern approach to diet and exercise to reduce stress and anxiety lose weight improve sleep and mood increase energy and immunity enhance brain function save money on groceries and live longer and happier *Unlimit Yourself: The Ultimate Successful Life System* LeRoy W. Meng, PhD, 2016-11-17 While treating yourself to the supremely simple yet extremely powerful system for successful living offered in this book you will joyfully observe You effortlessly withdraw from your peak pleasure power performance prosperity and health banks How to soar into the wonderful world of the activated superstar infused with peak emotional pleasure and bursting with physical energy How to liberate your unlimiting superstar within to experience being the masterpiece of creation who you really are You will jubilantly observe while treating yourself to this ultimate unlimiting celebration of life that you will receive benefits across the board and immediately in all dimensions of life In addition you will notice that you are receiving these benefits for less effort strain and stress than you are currently enduring for the pitiful pathetic paltry

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Journal

Unveiling the Magic of Words: A Report on "**Peak Performance Radiant Health Moving Beyond The Zone**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Peak Performance Radiant Health Moving Beyond The Zone**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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