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KetoFast Dr. Joseph Mercola, 2021-08-24 New in paperback from one of the world's foremost alternative health authorities a guide to using time restricted eating and ketogenic principles to promote weight loss treat disease and optimize well being You can always trust Dr Joseph Mercola to be on the cutting edge Follow this enjoyable read to do keto and fasting the right way and avoid the common pitfalls many of which will shock you Steven R Gundry M D New York Times best selling author of The Plant Paradox series Medical Director The International Heart and Lung Institute We all know that food is medicine yet going without food is one of the single best things you can do for your health Short doable fasts when strategically timed are an incredibly powerful metabolic intervention dovetailing perfectly with a ketogenic diet to activate your body's fat burning mode This in turn can ward off insulin resistance reduce oxidative stress and inflammation optimize brain function prevent neurological problems support weight loss and more In this in depth yet accessible guide now available in paperback New York Times best selling author Dr Joseph Mercola explores the profound health benefits that result when ketogenic living and well planned fasting are combined Topics include How our food is making us sick and what we can do about it The physiology and mechanisms of fasting including stem cell activation How the cyclical ketogenic diet with fasting included differs from the conventional keto diet How fasting works and how safe it is for you How regular one day fasts support fat burning and detoxification while minimizing hunger and side effects How to monitor your progress with lab tests And much more

Living Low Carb: Revised & Updated Edition Jonny Bowden, Barry Sears, Will Cole, 2020-01-07 The best low carb guide keeps getting better This revised edition of the book by nationally known nutrition expert Jonny Bowden provides up to date insight on how to choose the perfect diet for you In their quest to lose weight and live healthily dieters continue to embrace low carb plans like Keto Paleo and the Mediterranean Diet And with this new update and revision Jonny Bowden's bestselling *Living Low Carb* more perfectly reflects today's choices focusing on five major contemporary diets Keto Atkins Mediterranean Paleo and Zone type diets It explores the most recent scientific discoveries on the microbiome brain chemistry appetite cravings carbs and sugar addiction and features new tips tricks and sidebars from professionals providing more guidance for dieters trying to figure out what plan is right for them With refreshing candor Bowden evaluates the popular low carb programs in light of the latest scientific research and shows you how to customize your own plan for long term weight loss and optimal well being This updated edition Focuses on five basic philosophies of low carb eating Explores the most recent scientific discoveries made about brain chemistry appetite cravings and sugar addiction Features an introduction by Dr Will Cole

This Book Could Save Your Life New Scientist, Graham Lawton, 2020-01-09 We all want to be healthier stronger and live longer but what really works From stress to saturated fats HIIT to HRT veganism to vitamins This *Book Could Save Your Life* debunks the fads and explores the real science of better health What's the best way to lose weight and keep it off How can you ensure a good night's sleep What are the real

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