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The 8-Hour Diet David Zinczenko, Peter Moore, 2013-12-03 A paradigm shifting diet plan that allows you to eat anything you want as much as you want and still strip away 20 40 60 pounds or more After conducting extensive research at the Salk Institute and the National Institute on Aging poring over copious amounts of new research in intermittent fasting and engaging 2 000 people for a test panel bestselling authors David Zinczenko and Peter Moore determined that people can lose remarkable amounts of weight eating the foods they like best as long as they eat within a set 8 hour time period Fasting is of course an ancient spiritual and health practice but it s also a way to sidestep many of the ills of the modern world including diabetes heart disease and cognitive impairment Zinczenko and Moore demonstrate how simply observing this timed eating strategy even just three days a week will reset your metabolism so that you can enter fat burning mode first thing in the morning and stay there all day long And by focusing on eight critical nutrient rich Powerfoods you can build in a second layer of protection against Alzheimer s heart disease and even the common cold In the book you will find motivating strategies delicious recipes and an 8 minute workout routine to maximize calorie burn The 8 Hour Diet promises to strip away unwanted pounds and give you the focus and willpower you need to reach your goals for weight loss and life Lonely Planet Australia Lonely Planet, Brett Atkinson, Kate Armstrong, Carolyn Bain, Cristian Bonetto, Peter Dragicevich, Anthony Ham, Paul Harding, Trent Holden, Virginia Maxwell, 2017-11-01 Lonely Planet The world s leading travel guide publisher Lonely Planet Australia is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Cruise magnificent Sydney Harbour grab a coffee in a Melbourne laneway or head off on an outback adventure all with your trusted travel companion Get to the heart of Australia and begin your journey now Inside Lonely Planet Australia Travel Guide Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history politics Aboriginal Australia environment landscapes wildlife cuisine wine sports outdoor activities Covers Sydney Melbourne Brisbane Adelaide Canberra Hobart Perth Darwin New South Wales Victoria Queensland South Australia Tasmania Northern Territory Western Australia the outback and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing The Perfect Choice Lonely Planet Australia our most comprehensive guide to Australia is perfect for both exploring top sights and taking roads less

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