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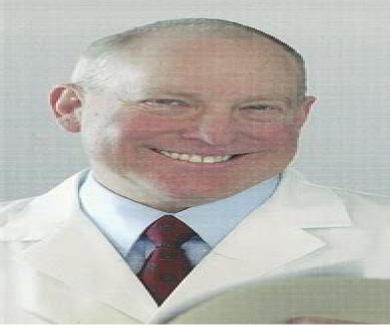
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# BRAIN LOSE YOUR BELLY

LARRY McCLEARY, M.D.

Best Selling Author of THE BRAIN TRUST PROGRAM

### **Feed Your Brain Lose Your Belly**

**Jeffrey Thurston** 

#### **Feed Your Brain Lose Your Belly:**

Feed Your Brain, Lose Your Belly Larry McCleary, 2011 This book offers a breath of fresh air for diet weary people The book reveals how to choose heart and brain healthy foods to make you thin The former acting Chief of Paediatric Neurosurgery at Denver Children's Hospital Dr Larry McCleary became fascinated by the paradox of the fattening of America and the brain starvation being seen in ageing brains His research led to this innovative conclusion Calories we are consuming bypass our brains and end up being stored in fat cells He outlines the Brain Belly connection that describes how sticky fat cells send mixed messages to the brain causing us to experience persistent hunger to overeat and to get fat as a result His book offers a unique approach that enables us to get in touch with the signals our bodies generate so that we work with not against our innate metabolic machinery. This makes weight loss easy and keeps hunger at bay while providing our brains with high octane fuel that keeps us mentally sharp By breaking down how different styles of eating cruise ship diets starvation diets among others affect us the author reveals a novel perspective on the counterintuitive benefits of brain healthy fat consumption Dr McCleary s Feed Your Brain Lose Your Belly Diet and Activity program was clinically tested with a group that called themselves the Biggest Losers and the results were amazing The firsthand accounts of their heartache and despair and how they overcame these feelings and successfully lost weight are inspirational This book pairs its advice with 7 days worth of helpful meal plans and plenty of delicious recipes Learning to choose foods that prevent the production of sticky fat cells rather than forcing ourselves to eat less is the best way to feed our hungry brain cells and stay thin Metabolism-Boost Cleanse Robin Westen, 2014-07-21 SUPERCHARGE YOUR METABOLISM IN RECORD TIME What s the secret to healthy weight loss A fast and efficient metabolism Why kill yourself in the gym or deprive yourself on a super strict diet when you can start shedding pounds in just three days with the step by step program in The Metabolism Boost Cleanse that includes Easy to follow daily meal plans Helpful tips for positive dietary changes Go to ingredient lists for simple shopping Healthy and delicious recipes Designed to make this guick start to a new you as smooth as possible The Metabolism Boost Cleanse also details how exercise meditation yoga and massage work in harmony with the body to reset your metabolism rate cleanse your organs and improve your health The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease Jonny Bowden, Stephen Sinatra, Deirdre Rawlings, 2015-08-15 Now includes 100 recipes for preventing and reversing heart disease from the The great cholesterol cookbook Cravings Judy Collins, 2018-01-02 A page turning memoir that will give comfort and guidance to the many people trying to improve their relationships with food Andrew Weil author of Eating Well for Optimum Health Since childhood legendary folk singer Judy Collins has had a tumultuous relationship with food Her issues with overeating nearly claimed her career and her life For decades she thought she simply lacked self discipline She tried nearly every diet plan that exists often turning to alcohol to dull the pain of yet another failed attempt to control her seemingly insatiable cravings Today Judy knows she suffers from an

addiction to sugar grains flour and wheat She adheres to a strict diet of unprocessed foods consumed in carefully measured portions This solution has allowed her to maintain a healthy weight to enjoy the glow of good health and to attain peace of mind Alternating between chapters on her life and those on the many diet gurus she has encountered along the way Cravings is the culmination of Judy s desire to share what she s learned so that no one else has to struggle in the same way she did

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