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10 Things I Wish I'd Learned in Medical School A.J. Seiffertt D.O., 2019-04-29 This book is a practical guide to practicing sustainable health and medicine and is a must read for anyone interested in building their understanding of their own health the current healthcare system and the health of our shared planet Each chapter includes information about topics such as our microbiome sleep patterns food sustainable farming exercise meditation and preparing for the end of life Every step of the way there are practical suggestions about how people of all ages can start to be more proactive about their health encouraging sustainable practices and policies across social and economic strata These ideas from Dr Seiffertt's Osteopathic Internal Medicine practice are helpful no matter what stage of life or health you find yourself in whether you have just been diagnosed with cancer a chronic illness like diabetes or simply don't feel as healthy as you might living in greater health is always possible

16/8 Fasting Method Jade Summers, 2024-12-22 Transform your health and unlock the secrets of the 16/8 Fasting Method Whether you're a busy professional or a health enthusiast this comprehensive guide simplifies intermittent fasting and provides you with practical strategies for success Discover how to supercharge your energy lose weight effortlessly and boost your metabolism all while enjoying flexible eating habits that fit your lifestyle Inside you'll learn The science behind the 16/8 method and why it works Meal planning tips to keep you nourished and satisfied Practical strategies to overcome hunger and stay motivated The surprising benefits of fasting for your brain body and longevity Expert tips for customizing fasting to your unique lifestyle Start your journey toward health and wellness today with Mastering the 16/8 Fasting Method the ultimate guide to sustainable living

The FastDiet Cookbook Mimi Spencer, Sarah Schenker, 2013-07-02 The indispensable companion to the 1 New York Times bestselling diet book the FastDiet became an instant international bestseller with a powerful life changing message it's possible to lose weight and reduce your risk of diabetes cardiovascular disease and cancer all while eating what you would normally eat five days a week You simply cut your caloric intake two days a week to 500 calories for women 600 for men But as FastDiet author Dr Michael Mosley says It's not really fasting It's just a break from your normal routine This fabulous new cookbook offers 150 carefully crafted nutritious low calorie recipes to enable you to incorporate the FastDiet into your daily life Ranging from simple breakfasts to leisurely suppers the recipes are all expertly balanced and calorie counted by FastDiet coauthor Mimi Spencer a devotee of the diet herself and nutritionist Dr Sarah Schenker From soups to meat dishes to delicious fish based meals the recipes are designed to fill you up and stave off hunger even though none is over 500 calories There are also detailed menu plans and plenty of encouraging tips including kitchen cupboard essentials the latest nutritional advice and a whole section of speedy meals for busy days With an introduction to the diet itself detailing its many scientifically backed health benefits and the transformative results achieved by hundreds of thousands of readers this book is an essential follow up companion guide to the FastDiet With the FastDiet Cookbook you will never have to worry about planning your fast days again

Small Habits,

Big Changes Steven Handel, 2018-09-18 Harness the power of tiny habits to revolutionize your life in areas from work to relationships to housecleaning to money You decide to try something new You do it a second time Then again And again Eventually you're doing it without thought That's how habits form Habits start as conscious actions and then transform into constant behaviors Yet they touch every aspect of your life and happiness which is precisely why they are so powerful Unconscious habits are worth examining so you can understand their effects and in some cases change them Packed with helpful advice and effective techniques this book makes changing your habits simple and fun It focuses on making tiny changes that will create long lasting improvements in your life and empowers you with information on Sleep Diet and Exercise Habit Loops and Willpower The Power of Nudges Motivation Tools Stress and Relaxation Systems and Goals and more

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KetoFast Dr. Joseph Mercola, 2019-04-30 From Dr Joseph Mercola one of the world's foremost authorities on alternative health a guide to using the principles of ketogenic eating meal planning and timing to treat disease promote weight loss and optimize health 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 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 This will be an exciting journey for you Dr Mercola writes I am beyond excited for you to implement what I consider to be one of the most powerful physical strategies to help you not only recover your health but also improve it to levels you likely never believed were possible [Summary & Analysis of Fast This Way SNAP Summaries](#), PLEASE NOTE This is a summary and analysis of the book and not the original book SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way If you are the author publisher or representative of the original work please contact info at snapsummaries dot com with any questions or concerns If you d like to purchase the original book please paste this link in your browser <https://amzn.to/3djHL5V> In Fast This Way world renowned biohacker Dave Asprey explains the ins and outs of fasting and offers the science backed techniques readers can use to fight inflammation lose weight and live their best lives What does this SNAP Summary Include Synopsis of the original book Key takeaways from each chapter The science behind how and why intermittent fasting works Specific hacks you can use to dial down cravings and hunger while fasting Supplements workouts and other lifestyle changes that maximize the benefits of fasting Editorial Review Background on Dave Asprey About the Original Book Intermittent fasting is one of the most popular health and fitness trends today and for good reason Studies have shown that it can help with everything from stabilizing blood sugar levels and reducing body weight to increasing endurance and improving mental health But to help people achieve these benefits fasting has to be both effective and sustainable Drawing from science ancient traditions and personal experience Asprey offers a blueprint anyone can use to maximize the benefits of intermittent fasting without feeling hungry and irritable or slogging through cravings and energy dips Fasting Asprey explains does not have to be painful or even difficult for it to be therapeutic anyone can create a custom fasting routine that is both easy and pleasurable and it can offer as much as perhaps more than the traditional water only fast **DISCLAIMER** This book is intended as a companion to not a replacement for Fast This Way SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way If you are the author publisher or representative of the original work please contact info at snapsummaries com with any questions or concerns Please follow this link <https://amzn.to/3djHL5V> to purchase a copy of the original book

Tiny Mad Ideas Ashley D. Symes, 2022-11-22 On her thirty third birthday Ashley realized she wasn't happy with how her life was unfolding Heartbroken riddled with fear and feeling a lack of self worth she embarks on a journey to untangle what was holding her back and discovers the steps she must take to move towards her true path the path she is meant for She gracefully confronts her truth suffering and heartbreak with laugh out loud humor and curiousness This is a diary of sorts documenting the fears that kept her from learning how to trust and love herself Her story of discovery encompasses the complicated parts that make her human and the parts that helped her return back to herself one tiny mad idea at a time

10 Best Slimming Methods Nicholas McCabe, 10 Best methods for losing weight **SUMMARY - Become An Idea Machine: Because Ideas Are The Currency Of The 21st Century By Claudia Azula Altucher**

Shortcut Edition,2021-06-08 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes As you read this summary you will learn how to find not one but ten different solutions to any problem You will also learn how to better identify your professional and personal goals stimulate your creativity to order help those around you solve their own problems integrate and use the idea machine on a daily basis Having an idea usually requires a particular state of mind of urgency or inspiration To become an idea machine however 180 days of training is enough to condition the brain to spontaneously formulate ten ideas on any subject Claudia Azula Altucher author of Become An Idea Machine proposes to work this muscle for two purposes to give perspective to your life and to help others get out of their own sense of powerlessness To do this all you need to do is to practice the machine exercise daily and respond with ten ideas to the proposed thinking exercises If you already feel that you don t have time to do this exercise start by listing ten things that make you lose time every day Buy now the summary of this book for the modest price of a cup of coffee

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