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For centuries, people have turned to classical music for its calming and relaxing effects. Internationally acclaimed water researcher Dr. Masaru Emoto has discovered why certain music has healing benefits: Music with the appropriate rhythm, tempo, tone, and melody can correct distorted frequencies within our cells, assisting our health and healing. Here, you can enjoy Dr. Emoto's captivating water-crystal photographs and text in this unique collection. The possible benefits you may experience include decreased joint and back pain; improved function of the nervous, circulatory, lymphatic, and immune systems; and the release of negative emotions such as anxiety, self-pity, and depression. The combination of images and words in Water Crystal Healing concentrates consciousness as never before, providing a unique experience for healing.

No one can avoid gray hair and wrinkles, but what about preventing the brain from aging? Dr. Eric Braverman, "America's Brain Doctor" and bestselling author has created a simple, science-based plan that can help prevent the worst mental side effects of aging: memory loss, cognitive decline, and mood changes. Dr. Braverman distills 35

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years of research and clinical experience into a 6-step program that helps spur neurogenesis: growing new brain cells as one ages. By following the plan, readers can self-detect cognitive decline, reverse it, and boost the brain's power and speed. In *Younger Brain, Sharper Mind*, readers will discover: The Braverman Brain Advantage Test—a fast and simple way to assess attention span, memory, and cognitive function Special foods scientifically proven to support brain function A comprehensive set of exercises—for both body and brain—designed to keep readers healthy and functioning at a high level even as the years go by

Is your brain broken? We refer to our broken brains by many names—depression, anxiety, memory loss, brain fog, ADHD, autism, to name a few—and although we can't see it, this silent epidemic affects more than 1 billion people worldwide. If you can answer yes to any of the following, you may have a broken brain: Are you depressed, feeling down, and don't have the drive to do anything? Do you find it next to impossible to focus or concentrate? Do you get anxious, worried, or stressed-out frequently? Does your mind feel foggy, unable to experience the world clearly? All is not lost. In *The UltraMind Solution*, New York Times bestselling author Mark Hyman shows that to fix your broken brain, you must heal your body first. Dr. Hyman presents a simple six-week plan based on the emerging field of functional medicine to restore health and gain an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

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Shows how to unlock the incredible powers of your own mind and use them to connect to a higher power to obtain the guidance you need to be successful, happy, and fulfilled.

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart,

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and succinct." --Forbes

The Ornish Diet has been named the “#1 best diet for heart disease” by U.S. News & World Report for seven consecutive years! Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; they learned how to lower high blood pressure; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced. In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

Presents an eight-week plan for weight loss that can be tailored to individual needs, examines common myths that thwart weight loss, and includes recipes that aid in detoxifying and balancing the metabolism.

Shows how making some practical changes can preserve a sharp memory, optimize

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wellness, and change how one responds to stress.

Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

An indispensable guide to food, our most powerful tool to reverse the global epidemic of chronic disease, heal the environment, reform politics, and revive economies, from #1 New York Times bestselling author Mark Hyman, MD -- "Read this book if you're ready to change the world" (Tim Ryan, US Representative). What we eat has tremendous implications not just for our waistlines, but also for the planet, society, and the global economy. What we do to our

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bodies, we do to the planet; and what we do to the planet, we do to our bodies. In *Food Fix*, #1 bestselling author Mark Hyman explains how our food and agriculture policies are corrupted by money and lobbies that drive our biggest global crises: the spread of obesity and food-related chronic disease, climate change, poverty, violence, educational achievement gaps, and more. Pairing the latest developments in nutritional and environmental science with an unflinching look at the dark realities of the global food system and the policies that make it possible, *Food Fix* is a hard-hitting manifesto that will change the way you think about -- and eat -- food forever, and will provide solutions for citizens, businesses, and policy makers to create a healthier world, society, and planet.

Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers by David Perlmutter Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) Get ready to be blown away by foods that you thought were docile but are actually harming you. The truth must be heard. Carbs are actually harming you. And don't throw bad carbs under the bus and leave them with all the blame, healthy ones (whole grains, for example) also do the same damage. They are able to cause dementia, chronic headaches, depression, anxiety and so on. In a detailed explanation, Dr Perlmutter let us know how carbs are harming us. Knowledge is power and when it's about something as important as our health, immediate action is necessary. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "The simple act of moving your body will do more for your brain than any riddle, math equation, mystery book, or even thinking itself." - David Perlmutter *Grain Brain* is not all about the dark side of carbs and how much it affects us. It also tells us how we can do something about it. This book gives us an in-depth

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look on how to take control of our "smart genes" through diet choices and new healthy habits that we should have to cure the worst illnesses that we can fall victim to without any medication. A 30-day plan to reprogram your genetics in order to take control of your well-being and generate positive results for your future! P.S. Grain Brain is a great book that will inform you about a truth you don't want to hear but also, what we can do about it. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

For decades, Dr. Jeffrey Bland has been on the cutting edge of Functional Medicine, which seeks to pinpoint and prevent the cause of illness, rather than treat its symptoms. Managing chronic diseases accounts for three quarters of our total healthcare costs, because we're

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masking these illnesses with pills and temporary treatments, rather than addressing their underlying causes, he argues. Worse, only treating symptoms leads us down the path of further illness. In *The Disease Delusion*, Dr. Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations, our quality of life has not reached its full potential. Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity, arthritis and cancer to a host of other ailments, Dr. Bland offers achievable, science-based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness.

Food combining enhances the quality of your diet, increases your intake of vitamins and minerals and improves the way the body digests and absorbs nourishment. It is one of the safest and most successful ways to lose weight as well as being an invaluable, natural remedy for a variety of health problems. In her new definitive book Kathryn Marsden explains everything you'll ever need to know about food combining in one easy-to-follow volume. The book is divided into 4 parts: Part 1 Essential basics including principles, short cuts, food charts etc; Part 2 Food combining for specific reasons ie. weight loss, food allergies, fluid retention, low blood sugar, stress etc; Part 3 Four weeks of food combining recipes and menu plans; Part 4 Alphabetical check list for specific foods For more information on Kathryn Marsden please visit www.kathrynmarsden.com

'Instead of advice, Kausman gives understanding his empathy will shine like a beacon for those women who feel they are constantly judged for their size.' Rosemary Stanton, AO So how do you manage your weight? There is a solution and it's all about attitude. *If Not Dieting, Then What?* shows you how to look at food in a more positive way and move away from the no

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pain, no gain ethos', as well as explaining how to fine-tune fat content without sacrificing food enjoyment. Dr Rick Kausman is recognised as the pioneer of the non-dieting approach to healthy weight management. In this straightforward, no-nonsense guide to weight management he shares his, and his clients' experiences with the reader. You can learn how to: enjoy food without feeling guilty, increase your eating awareness, improve how you feel about yourself, fit some sort of activity into your day, and achieve and maintain a healthy, comfortable weight for you, without being deprived of food or quality of life. WINNER, BEST NUTRITION WRITING, Australian Food Writers Awards 'What sets this book apart is its understanding of human nature, without which no behavioural change is possible.' - The Age 'Dr Kausman has written a sensible, practical book which will make you feel good about yourself.' - Dr James Wright, Sunday Telegraph 'This is the first book on weight management that left me feeling optimistic and empowered.' Judith McFadden, author of Diet No More! 'This book is an eye-opener for those who believe losing weight is the key to happiness.' - Herald Sun

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller The Blood Sugar Solution, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and

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shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET is the fastest way to lose weight, prevent disease, and feel your best.

In THE BLOOD SUGAR SOLUTION COOKBOOK, Dr. Mark Hyman shares recipes that support the BLOOD SUGAR SOLUTION lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. The major culprit of diabetes, obesity and heart disease is insulin imbalance. Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. THE BLOOD SUGAR SOLUTION COOKBOOK will illuminate the inner nutritionist and chef in every reader.

More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In The Inside Tract by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you'll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on

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track to vibrant health!

The #1 bestseller that gives YOU complete control over your body and your health. With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines,

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simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan—as well as great-tasting and calorie-saving recipes—that can help you live a healthier, younger, and better life. Be the best expert on your body!

Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Losing weight and staying healthy is not only a battle of wills but also a war against your genes. Can you outsmart them? With Dr Gundry's Diet Evolution, it's extremely doable. With Dr Gundry's Diet Evolution you will have a winning chance to lose weight and stay healthy. This title debunks many of the dieting myths out there about what's good and bad for you. Disinformation is one of the most common causes of an unsuccessful diet. Did you think corns are good for you when trying to lose weight? Think again! You can read all about it in Dr Gundry's book on top of many useful tips and recipe to ensure you have the best diet plan. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) "Micronutrients. Its introduction fired the first warning" - Steven R Gundry. Steven R Gundry is not afraid of speaking his mind and letting you know what other doctors might avoid telling you. In this title, you will have all the necessary tools at hand to have the best diet possible for you. Not only will you have the meal planner, but also inspirational stories that will help you keep motivated and

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easy tips to further improve your health. Steven R Gundry stresses the importance of acknowledging that losing weight and staying healthy is all about your genes and knowing how to outsmart them is the key to getting results. Thinking that just "eating right" will make you lose weight is a mistake and it will cost you a lot of time, money and energy. P.S. Dr Gundry's Diet Evolution is an extremely helpful book that will finally get you the results you have been desiring all this time. With just a little bit of effort and the right concepts, you'll be well on your way to being completely healthy. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur? ? Highest Quality Summaries ? Delivers Amazing Knowledge ? Awesome Refresher ? Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. In THE BLOOD SUGAR SOLUTION, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness-nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, THE BLOOD SUGAR SOLUTION

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is the fastest way to lose weight, prevent disease, and feel better than ever.

This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in "narrow-focus attention": a tense, constricted, survival mode of attention that holds us in a state of chronic stress—and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of attention, which he calls "Open Focus." This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life—in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients—the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The Open-Focus Brain offers readers a revolutionary, drug-free way to:

- alleviate depression, anxiety, and ADD
- reduce stress-related chronic pain
- optimize mental and physical performance

The eBook

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includes a downloadable audio program that provides further guidance on:

- essential attention exercises from the book, led by Dr. Fehmi
- how to "train the brain" to reduce stress, anxiety, chronic pain, and more
- safe and effective techniques used in Dr. Fehmi's clinic for decades

Demystifies conflicting dietary advice to explain the crucial role of food in health, examining each food group to reveal what popular opinions have gotten right and wrong so that dieters can make informed choices to lose weight and promote wellness. Is stress preventing you from enjoying your daily life? Do you find that you're becoming more distracted or forgetful? Are "the blues" sapping your spirits? Or do you simply feel not quite like yourself? If you want to reclaim you focus, memory, and joy, you're not alone. There are millions of people fighting against the epidemic of brain fog that's sweeping the nation. The good news: It's not an irreparable condition; rather it's a side effect of modern-day living. Many of the foods we eat and the habits we have do not support our brains. We no longer get what we need in order to produce essential brain chemicals that keep us energized, calm, focused, optimistic, and inspired. And even worse, our choices could lead to long-term problems, like dementia, Alzheimer's disease, depression, and anxiety. Sadly, if you look at the way most of us live, it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health. Fortunately, there is a solution. The Brain Fog Fix is an easy-to-follow three-week program designed to help naturally restore three of your brain's

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most crucial hormones: serotonin, dopamine, and cortisol. Rebalancing these chemicals will in turn enable the rest of your brain's chemistry to reach optimal levels. Each week of the program focuses on a different element of your life: • In week 1, you'll improve your mood by modifying your diet and using cognitive strategies to overcome pitfall thought patterns. • In week 2, you'll increase your energy by focusing on sleep, exercise, and memory-boosting games. • In week 3, you'll enhance your spirit through practices that help you connect to something larger than yourself and enable you to rediscover your joy in life. By the end of this simple program, you'll be thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. And you'll simply feel better – for now and in the long term.

An evidence-based, practical resource that explores the many benefits of a plant-based diet and provides parents with the tools they need to feed their families for health and with joy. While nearly all parents agree that a nutritious diet is important for children to thrive, most feel that their children are not eating a healthy diet. This is not surprising, given the demands of busy families and confusing, conflicting research about what diet is really best for health. Nourish offers the solution parents have been waiting for when it comes to deciding what and how to feed their families. Authors Reshma Shah, MD, a plant-based pediatrician and affiliate clinical instructor at Stanford University School of Medicine, and Brenda Davis, RD, a world-renowned expert and pioneer in plant-based nutrition, will empower parents to become the experts of nourishing their families. Parents will learn: How a diet centered around plants can

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optimize health, prevent chronic disease, care for our planet, and be an act of radical compassion. Nutrition specifics for all the stages of childhood—from pregnancy and breastfeeding all the way through adolescence. Tips, strategies, and mouthwatering recipes to bring all of this information to their dinner tables as they transition to plant-based eating. A "New York Times"-bestselling author reveals that problems in the brain don't start there, and explains how detoxifying and fortifying the body can maximize brain function, alleviate depression, and improve memory--without drugs.

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of

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reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

What do you get when you combine the best of paleo with the best of vegan? Pegan! Hyman explains how to combine the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) with the vegan diet (lots and lots of fresh, healthy veggies). The result is a diet that is not only good for your brain and body, but also good for the planet. Recipes are included.

The companion cookbook to Dr. Hyman's New York Times bestselling *Food: What the Heck Should I Eat?*, featuring more than 100 delicious and nutritious recipes for weight loss and lifelong health. Dr. Mark Hyman's *Food: What the Heck Should I Eat?* revolutionized the way we view food, busting long-held nutritional myths that have sabotaged our health and kept us away from delicious foods that are actually good for us. Now, in this companion cookbook, Dr. Hyman shares more than 100 delicious recipes to help you create a balanced diet for weight loss, longevity, and optimum health. Food is medicine, and medicine never tasted or felt so good. The recipes in *Food: What the Heck Should I Cook?* highlight the benefits of good fats, fresh veggies, nuts, legumes, and responsibly harvested ingredients of all kinds. Whether you follow a vegan, Paleo, Pegan, grain-free, or dairy-free diet, you'll find dozens of mouthwatering dishes, including: *Mussels and Fennel in White Wine Broth Golden Cauliflower Caesar Salad*

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Herbed Mini-Meatballs with Butternut Noodles Lemon Berry Rose Cream Cake and many more With creative options and ideas for lifestyles and budgets of all kinds, Food: What the Heck Should I Cook? is a road map to a satisfying diet of real food that will keep you and your family fit, healthy, and happy for life.

From the ten-time New York Times bestselling author of Ultrametabolism, The Blood Sugar Solution, and Eat Fat, Get Thin comes The UltraMind Solution. —Do you find it next to impossible to focus or concentrate? —Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? —Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? —Do you get anxious, worried, or stressed-out frequently? In The UltraMind Solution, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

The Sunday Times Bestseller 'The game-changing nutritionist ripping up the weight-loss rule book.' - You Magazine 'Gabriela's tips on how to achieve a great relationship with your body are all in this book!' - EVA HERZIGOVÁ 'The cool-girl, real-world guide to nutrition and more. Sane, smart and funny.' - LAURA BAILEY 'I had no idea feeling great was going to be this easy.' - JODIE KIDD 2 Weeks to Feeling Great is nutritionist Gabriela Peacock's comprehensive guide to health and wellbeing aimed at busy people who may not have the time - or inclination - to commit to strict rules that are not compatible with real life and instead

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focuses on what is achievable. It includes two detailed 14-day programmes on intermittent fasting, scientifically proven to be the most effective method of safely reaching a healthy weight. Covering everything from improving sleep to rebalancing hormones and increasing energy, the easy-to-remember tips and recommendations require minimal effort but deliver significant results. Gabriela also looks at other lifestyle factors, in addition to diet, that affect health - from household and beauty products to reducing the use of plastics. The bottom line is, you don't have to be perfect in order to feel and look better.

A six-week health-bolstering program identifies such contributors to poor health as malnutrition and an impaired metabolism and offers advice on how to remove toxins from the body and implement healthy nutrition and supplement regimes.

This book shows clinicians how to use Interpersonal Reconstructive Therapy (IRT) to change maladaptive patterns regarding safety and threat in treatment-resistant patients. According to IRT theory, patients who suffer from maladaptive anger, anxiety, or depression are reenacting dysfunctional lessons in affect management modeled by parents and other early attachment figures. For example, a depressed woman who is afraid to assert herself can be described as reliving a childhood during which speaking up was dangerous, leading to rejection, even abandonment. IRT gives sufferers the tools to revise or replace internalized versions of attachment figures (the "family in the head") to create a more secure internal base. IRT is integrative, drawing on any intervention relevant to the case formulation, and it is compatible with medications as needed for stress management. Evidence of effectiveness is provided for a treatment-resistant population. In this warm and engaging book, author Lorna Smith Benjamin shows how patients can more effectively cope with threat and find safety in their

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Voted as one of the Top 43 therapists in the world, 5-times bestselling author, naturopath and psychotherapist Dr. Ameet helps you to easily heal your health issues, gut, liver, adrenals, depression, anxiety, mood, liver, skin, hormones, inflammation and sexual issues with nutrition, healthy foods, natural medicine, holistic therapies & emotional healing. Your health is the most valuable gift you have. Reading this intensely holistic book will quickly improve your health, happiness and mood by helping you treat the root causes of dis-eases in your mind and body, which are: Leaky gut, Inflammation & LIVER DETOX Adrenal Fatigue, Thyroid & hormonal health Trauma and painful thoughts healing, mood therapy & emotional support Using Herbs, homeopathic remedies, diet, nutrition, acupuncture points and Bach flower remedies that the most successful natural therapists use. Get this book to quickly feel amazingly well with clear instructions on powerful holistic therapies from world renowned naturopathic doctor, psychotherapist & teacher. Know: What the best low inflammatory foods, probiotics and supplements for digestive problems, IBS and inflammation are Why your thyroid, hormones, mood and brain heal when you fix your liver and how to detoxify your liver Which herbs, amino acids, homeopathic remedies and supplements to use for stress, burnout, anxiety and depression. The most helpful nutrients for health and what foods they're found in. Powerful exercise to release trauma, change negative beliefs and feel confident. Highly effective meditation, breathing, journaling, gratitude and positive psychology Energy medicine therapy to increase happiness, clarity and emotional resilience. Acupuncture points for different forms of anxiety and depression And so much more... Doctors, therapists and nurses around the world are using this book to help people quickly recover from difficult chronic health and emotional

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issues. Here's what they say: "Dr. Ameet gives simple steps to help you recover from anxiety, depression, stress and burnout, and with long-lasting results" - Dr. Hyla Cass MD, Bestselling Author and Holistic Psychiatrist. "There's amazing details on holistic therapies, foods and specific exercises to release emotional stress and trauma to optimize your emotions and health." - Geeta K, Master Reiki Healer "I learnt how to fix inflammation, my mood and detox my liver with the most effective herbs, foods and supplements." R.K. "I love the list of homeopathic and Bach flower remedies that go into very specific emotions. Not everyone has the same type of anxiety or depression, and that's clear with Dr. Ameet's book." - Sandra, Anxiety Survivor "What I love about this book is that I feel more in control of my life and my health, especially after releasing emotions and fixing inflammation..." Jacqueline R, Therapist This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve. Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism

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spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

From "No" to "How?" Get Buy-in and Lead Change is a how-to guide for professionals who want to learn to create positive change from where they are in any organisation. If you want to learn to lead change, this book shows you how you can improve the way things are and create lasting value in a way that will get you noticed. Subjects covered in the book include: - What change and innovation mean - How to identify valuable problems - How to generate ideas - How to get buy-in from others - How to co-create change - How to build momentum - How to sell the value you've created - Where to focus your effort - How to deal with failure - How to make a sustainable impact

National Geographic's riveting narrative explores the world of placebos, hypnosis, false memories, and neurology to reveal the groundbreaking science of our suggestible minds. Could the secrets to personal health lie within our own brains? Journalist Erik Vance explores the surprising ways our expectations and beliefs influence our bodily responses to pain, disease, and everyday events. Drawing on centuries of research and interviews with leading experts in the field, Vance takes us on a fascinating adventure from Harvard's research labs to a witch doctor's office in Catemaco, Mexico, to an alternative medicine school near Beijing (often called "China's Hogwarts"). Vance's firsthand dispatches will change the way you think—and feel. Expectations, beliefs, and self-deception can actively change our bodies and minds. Vance builds a case for our "internal pharmacy"—the very real chemical reactions our

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brains produce when we think we are experiencing pain or healing, actual or perceived. Supporting this idea is centuries of placebo research in a range of forms, from sugar pills to shock waves; studies of alternative medicine techniques heralded and condemned in different parts of the world (think crystals and chakras); and most recently, major advances in brain mapping technology. Thanks to this technology, we're learning how we might leverage our suggestibility (or lack thereof) for personalized medicine, and Vance brings us to the front lines of such study.

For anyone worried about any type of brain ailment, ranging from the chronic conditions to simple brain fog and fatigue, this essential guide covers the full spectrum of prevention to treatment. We've all experienced brain fog—misplaced keys, forgotten facts, a general feeling that you're just feeling off today. And many of us will experience that "fog" manifesting as something more permanent—either in ourselves or our loved ones. No matter what your current brain health state may be, *You Can Fix Your Brain* will enable and empower you to take concrete steps that will make an immediate difference in your brain's vitality, clarity, and energy. Your memory will improve, fogginess will disappear, you'll be less tired all the time, and much more. And, you'll learn that these aren't empty promises. Dr. Tom O'Bryan, author of *The Autoimmune Fix*, knows how to create lasting changes in health, and he's here to share them with you. It's a step-by-step approach to better cognitive function—being selective about what's on your fork, what's in your environment, and how you take care of yourself can make a world of difference. With only one hour a week of practice, in 6 months, you can say goodbye to brain fog and welcome a better long-term memory and a sharper mind.

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