



Nutriscribe: Adaptive Nutrition: No More Fad Diets, Food Logging or Calorie Counting

By Kusha Karvandi, Kelley Karvandi

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of yo-yo dieting? Ready to get off the rollercoaster of fad dieting? We know you've heard it all before. Eat right and exercise. Burn more calories than you consume. Chocolate cake can still be your friend. But if it was so simple, we'd be able to achieve this, right? Wrong. You've chosen the right book to not only provide mouth-watering recipes and simple meal programs to follow, but also explain exactly how your body works to digest food. Good news! Eating fat doesn't make you fat. Say what? Nope. Because there are good fats and bad fats. It's all explained simply and clearly. Eating the good fats will ensure that you retain essential vitamins and minerals in your body, improve your blood sugar stability, reduce your cravings (which in turn will stop you binge eating), and optimize your hormone levels. This, in turn, will help you steer clear of diseases caused by hormonal imbalances. So throw away your food journals NOW and learn to eat fats properly. So who are...



READ ONLINE

[1.79 MB]

Reviews

It is great and fantastic. Better than never, though I am quite late in starting reading this one. It's been written in an extremely simple way and is particularly only right after I finished reading this ebook where it actually changed me, affect the way I really believe.

-- **Orin Blick**

It is an amazing publication which I actually have at any time go through. It really is written in easy words and phrases rather than hard to understand. It's been developed in an extremely easy way which is merely following I finished reading through this pdf in which it actually changed me, affect the way I think.

-- **Garry Lind**