



No Wonder You Feel Like Crap: The Hidden, Deadly Connection Between Stress, Diet, and Disease

By Richard Weinstein

Panverse Publishing LLC. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Description: If you feel trapped in a vicious downward spiral of food cravings, obesity, and ill health, you're not alone. Although several excellent studies and books have made the connection to stress, sedentary lifestyle, and dietary salt, sugar, and fat, they're still missing the critical pieces to unlocking the puzzle of what is really making you sick and without an understanding of those missing pieces, and especially the critical roles of the stress hormone cortisol and internal inflammation your chances of regaining full health and vitality are not good. In this groundbreaking book, Dr. Weinstein explains in simple terms exactly what goes wrong in our bodies and precisely why our modern lifestyle and poor dietary choices can lead to such a bewildering variety of symptoms and diseases. Once you understand the common factors leading to obesity, illness, and even premature death, the author further empowers you with a commonsense, easy-to-follow program that will show you how to break the cycle of illness and regain and maintain vibrant health. Praise for this book: I believe Dr. Weinstein's work has much to teach us in allopathic medicine. I regret...



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Reviews

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Unquestionably, this is the greatest job by any author. It really is simplistic but shocks inside the fifty percent in the book. I am just pleased to inform you that here is the greatest book i actually have go through within my own existence and could be he greatest ebook for at any time.

-- **Elva Kemmer**