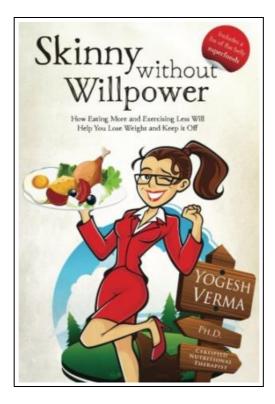
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SKINNY WITHOUT WILLPOWER: HOW EATING MORE AND EXERCISING LESS WILL HELP YOU LOSE WEIGHT AND KEEP IT OFF (PAPERBACK)



Axiom Nutrifit, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Our diets in the last half-century have been shaped by pseudoscience and rampant misinformation driven by food politics and corporate bottom lines. The resulting nutritional disaster has not only made us fatter and sicker but also literally made us prisoners of our own bodies. We try to break free every now and then, but end up in the same (body) prison, which only gets bigger every time we come back. The real cause of weight gain is our bodies altered hormonal state brought on by the modern Western diet. This altered hormonal state is causing our bodies to be in constant fat storage mode. Everything we eat, the body wants to store as fat. The result: excessive hunger and lethargy! This has slowly pushed our bodyweight set-point toward increasing adiposity. In this state, when we try to lose weight by eating less and exercising more, powerful evolutionary forces of HUNGER and METABOLISM come into play to maintain our bodyweight set-point. The eat less and exercise more prescription merely addresses the symptom of weight gain without fixing the real underlying cause. This is why we can t achieve long-term weight loss and we keep coming back to our natural bodyweight set-point. Nature cannot be defeated! After reading this book, you will realize that in order to achieve lasting weight loss, you need to address the real hormonal cause of weight gain, so you can naturally move your body weight set-point toward leanness. When you do this, the same evolutionary forces that now prevent you from losing weight will help you lose weight effortlessly. This book shows you how you can achieve lasting weight loss and prevent premature aging by working with nature, not against...

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