

Lifestyles for the 21st Century: Sole Food for the Body



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Reviews

An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throgh studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Josefina Yundt)

LIFESTYLES FOR THE 21ST CENTURY: SOLE FOOD FOR THE BODY

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Infinity Publishing.com. Paperback. Condition: New. 162 pages. Dimensions: 8.8in. x 5.5in. x 0.5in. The book is a daily manual to go by and to gauge the daily changes your body undergoes with dietary salts, carbohydrates, and protein. The manual instructs readers on how to determine your risk to benefit ratio for not only losing weight but having a balanced nutritional intake to the energy you require to burn it. Therefore, part of the important regimen is developing your own exercise regimen. Every individual contains unique physiological functioning. This is how you must learn to calibrate your routine for a healthy lifestyle. By finding out your calculated basal metabolic rate, waist: hip ratio, body mass index; you can better understand your metabolic progress. Your healthcare provider can better counsel you also on risks. This book really takes a concerned effort to better examine both the emotional factors that perpetuate the vicious cycle of poor eating habits and poor self image as direct and indirect causes of obesity. More importantly, Dr. Wells tries to explain more the growing epidemic of childhood obesity and its secondary effects, childhood cardiovascular disease and diabetes. Beyond the usual statistics and you better exercise and diet message, this book talks about solutions that work individually for you, but looks at the overall method of better effecting the American society of poor lifestyles. This had never really been tackled in any book before. Dr. Wells carries the message to another level by suggesting how government and corporate food and restaurant agencies along with education facilities and the health industry can begin to create built-in stabilizers to defeat obesity and excess fat in our daily lives. This book critically evaluates those Saturday morning cereal commercials along with after hour programming that influences childhood decision on eating patterns as well as...

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