

*the old*

# *Chocolate Diet*



**Diana Artene**

# The Old Chocolate Diet Advanced Nutrition For Gourmands

**Bowker Editorial Staff, R R Bowker  
Publishing**



## **The Old Chocolate Diet Advanced Nutrition For Gourmands:**

The Old Chocolate Diet Diana Artene, 2014-12-15 Do you know the difference between people who can eat whatever they feel like eating and remain slim as opposed to people who gain weight even when they try to diet and eat very little There is not only one but three survival mechanisms responsible this difference 1 insulin resistance which decreases your metabolism both when you undereat and when you overeat increasing your body fat percentage in both of these situations 2 leptin resistance which decreases your ability to perceive satiety when well there is more than one when at work in leptin s case all explained in this book increasing your hunger 3 dopamine resistance which decreases your ability to perceive the pleasure of eating or any other pleasure for that matter when you allow yourself intermittent access to your favorite foods increasing your cravings If you are part of the many people who gain weight even when eating as little as they possibly can and you want to become one of the few people who stay slim even when eating anything they like read this book today You ll not only learn how these survival mechanisms cause your mind to keep you obese but you ll also learn how to create your very own premium diet And after you ve read the book and created your diet you ll learn how to apply it to become as slim and as healthy as you ever wanted to be To your fat loss success

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**The Chocolate Diet** John Ashton, Lily Stojanovska, 2011-04-01 The amazing health benefits of chocolate revealed in a bite size treat HOW tO EAt CHOCOLAtE FEEL GREAt ABOut Itthe amazing health benefits of chocolate revealed in a bite size treat When chocolate is regularly named as the baddie in the battle of the bulge it is easy to feel guilty when we consume the world s favourite indulgence Yet that exquisitely pleasurable blend of bitter and sweet notes is deceptive it s not unhealthy In fact eating chocolate can actually help us lose weight this breakthrough revelation for chocoholics everywhere is explored by respected Australian scientists Dr John Ashton and Dr Lily Stojanovska In the Chocolate Diet they explain how we can incorporate chocolate into our daily lives and profit from its unique health properties Full of facts tips and mouth watering recipes this is essential reading for anyone who can t say no

Eat Chocolate, Lose Weight Will Clower, 2014 An innovative plan that teaches readers how to lose weight by indulging in a guilty pleasure chocolate Dispelling the myth that chocolate is just a junk food Dr Will Clower uses cutting edge research to highlight the health benefits of consuming chocolate on a daily basis Readers will learn how the antioxidants found in chocolate can boost metabolism and how by eating chocolate in specific ways they can pull their sweet tooth so they eat less sugar and control cravings Eat Chocolate Lose Weight features the Chocolate Challenge an 8 week science based plan

designed to help readers relieve stress promote heart health lower blood sugar stop cravings increase metabolism and shed pounds Featuring a 6 week meal plan and more than 50 delicious chocolate recipes Eat Chocolate Lose Weight contains meal options for days when readers can't get enough of their favorite flavor as well as times when they may want to hide chocolate in other foods while still taking advantage of its health benefits The book also includes information on which chocolate provides the most health benefits and weight loss and the optimal amount of daily chocolate intake Complete with stories and tips from real people who have tried the plan and lost more than 75 pounds readers can finally have their chocolate and eat it too

## Unveiling the Power of Verbal Artistry: An Mental Sojourn through **The Old Chocolate Diet Advanced Nutrition For Gourmands**

In a world inundated with monitors and the cacophony of quick communication, the profound power and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the musical pages of **The Old Chocolate Diet Advanced Nutrition For Gourmands**, a fascinating function of literary splendor that pulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus manuals visitors on a psychological odyssey, lightly exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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