

SOLVING PALEO EQUATION

[stress]

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Dr. Garrett Smith
& Matt Stone

Solving The Paleo Equation Stress Nutrition Exercise Sleep English Edition

Raffaela Di Napoli



Solving The Paleo Equation Stress Nutrition Exercise Sleep English Edition:

Solving the Paleo Equation Garrett Smith, 2014-01-28 Solving the Paleo Equation Stress Nutrition Exercise Sleep is the ultimate guide to customizing your diet and lifestyle practices to your unique physical and metabolic needs You ll learn how to maximize your health practices and minimize your time and effort no more driving yourself to exhaustion in hardcore fitness classes No more strict unsustainable and impractical approaches to nutrition either Solving the Paleo Equation will help you not only avoid the ravages of adrenal fatigue low metabolism dwindling sex drive and sleep problems all too common consequences of overzealous workout regimes it will help you rehabilitate from the unhealthful health protocols you ve pursued in the past Throughout this book naturopathic physician Dr Garrett Smith and independent health researcher and bestselling author Matt Stone address the main areas that the health seeker often dangerously ignores like Sleep One simple change in your bedroom could restore a normal cortisol rhythm Stress Practices to keep your home and workspaces from raising your adrenaline and sapping your testosterone Exercise Simple free reliable ways to self monitor to avoid burnout and overtraining regardless of the type of exercise Nutrition Learn about the four Anti Stress S s and their powerful affects in the body Instead of regurgitating the old school saw to eat clean and exercise more Smith and Stone focus on the basic pillars of true health and outstanding physical and mental function sleep stress exercise and nutrition By analyzing and improving the fundamental areas of physical function sleep quality sexual performance digestion blood sugar regulation body temperature etc virtually every system of the body dramatically improves as well In Solving the Paleo Equation Smith and Stone go beyond simple Paleo theory and take readers on a journey toward a practical and useful understanding of how their bodies work Using the simple tools of a thermometer and basic biofeedback markers urine concentration temperature of hands and feet mood stability bowel transit time etc you will learn how to eat and live the most healthfully for YOU Solving the Paleo Equation is not a health formula philosophy cult fad or movement but an education It s the manual on do it yourself health enhancement

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