

the old

Chocolate Diet



Diana Artene

The Old Chocolate Diet Advanced Nutrition For Gourmands

Diana Artene



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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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