

the old

Chocolate Diet



Diana Artene

The Old Chocolate Diet Advanced Nutrition For Gourmands

John Ashton, Lily Stojanovska



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

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