

## Secrets Healthy Metabolism Maria Emmerich Ebook

Secrets to a Healthy MetabolismGet Slim, Stay SatisfiedCreateSpace

The ketogenic diet has taken the world by storm, and deservedly so: its results in helping people lose weight, manage chronic health conditions, and simply feel great are unmatched. Bestselling cookbook author Maria Emmerich sits at the forefront of the keto movement and has become the go-to source for high-fat, low-carb recipes that both please the palate and nourish the body. With Keto Restaurant Favorites, Maria delivers once again by putting a new and unprecedented twist on ketogenic cooking. Eating keto doesn ’ t mean that you have to give up the dishes you love! Instead, Maria shows you how to re-create those recipes, keto-style. Keto Restaurant Favorites answers the demand for a one-stop cookbook that allows you to easily replicate your favorite restaurant cuisine in your own kitchen. Maria ’ s recipes masterfully mimic the dishes you love using healthy, readily accessible ingredients. In addition to classic American fare, this book offers recipes for a variety of cuisines, including Italian, Chinese, Mexican, and Thai. Maria even includes favorites from the kids ’ menu! Recipes include: • Bacon cheeseburger • Copycat Frosty • Corn dogs • Curry • Pho • Tom ka gai • Carne asada • Gnocchi • Calzones • Cannoli • General Tso ’ s • And many more! With nearly 170 recipes covering a broad spectrum of restaurant cuisine, Keto Restaurant Favorites is sure to please even the pickiest eaters. Say goodbye to feeling deprived! This book gives you all the tools you need to re-create your favorite dine-in and takeout offerings in a healthy and delicious ketogenic way.

In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of Keto Clarity, joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food–based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier. In addition, The Ketogenic Cookbook explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy, offers practical advice for pursuing nutritional ketosis, outlines the unique combination of whole foods that will help you become ketogenic, and much more. If you ’ re seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs, the ketogenic diet may be for you. There ’ s no need to sacrifice taste for good health!

From bestselling author Gabor Mat é , the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Mat é ’ s two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver ’ s skid row, In the Realm of Hungry Ghosts radically reenvisionis this much misunderstood field by taking a holistic approach. Dr. Mat é presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author ’ s candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

Crafting Food and Value in America

Keto Comfort Foods

Nutritious and Delicious

Protein Sparing Modified Fast Cookbook

Get Slim, Stay Satisfied

Reboot Your Metabolism in 21 Days and Burn Fat Forever

Sugar-Free Kids arms busy parents with a wide array of sugar-free recipes that children will love. Not only does Maria keep kids' picky palates in mind, focusing on familiar flavours and dishes, but she also recognises that today's families are strapped for time. The 150 recipes in this cookbook use readily available ingredients and are easy to prepare. From graham crackers and gummy bears to chicken nuggets, tacos, and pizza, mums and dads will find just about every food their children crave. Maria also offers substitutions for dietary restrictions, and a selection of vegetarian recipes as well.

Want to speed up your weight loss and healing? Are you trying to break a stall? Protein Sparing Modified Fasts (PSMF) are an awesome way to improve and speed up weight loss, break stalls and get faster results. In this mini cookbook we focus in on just PSMF showing you how to calculate your macros and giving you meal plans and grocery lists to make it easy to dive right in. There are 48 recipes and 2 weeks of meal plans and grocery lists! PSMF is a great addition to any Keto lifestyle or just to add to your current diet to speed up results. Here is just one client using this protocol to break a stall: "I started the PSMF yesterday. Today I was down FOUR lbs after being stalled since early December. Is this possible? Anyway, here is a picture of my delicious "break fast." I only used 3 TBSP of Swerve and it was plenty sweet." - Carol Reach your goals faster with the Protein Sparing Modified Fast Cookbook.

A Protein-Sparing Modified Fast (PSMF) is a tool designed to kick-start rapid weight loss by minimizing carbs and fat while supplying the body with adequate protein. This approach mimics the rapid weight loss benefits of fasting while preventing the loss of lean mass. Essentially, you "spare" your body's protein (your muscle) while rapidly losing weight. PSMF leverages the protein-to-energy (P:E) ratio of foods to induce fast fat loss. It’s an extremely effective way to improve insulin sensitivity and break stalls. In The Protein-Sparing Modified Fast Method, bestselling authors and low-carb advocates Craig and Maria Emmerich give you the science to support this method, along with recipes that are incredibly satiating even though they are very low in energy. You will be amazed at how good they taste, too! The book offers over 100 recipes from comforting breakfast dishes to family dinners to snacks and sweet treats, covering a broad range of global flavors. They are as quick and easy to prepare as they are satisfying. Sample recipes include: · Soufflé Omelet with Ham and Chives · French Toast Porridge · Steak and Eggs · Dutch Baby Apple Pancakes · Basil Shrimp Ceviche · Grilled Pork Chops with Truffle Mustard · Chicken Fingers with Carolina BBQ Sauce

Move from carb confusion to carb confidence! Overwhelmed by the avalanche of information out there about diets and health? Tired of spending time and money following complicated and expensive plans and protocols that don’t deliver the results you want? Would a strict ketogenic diet be best for you? But what if you can’t imagine life without fruit or bread? Why won’t someone just make all this diet stuff simple? They have! Eric Westman, MD, has over twenty years of experience as an internal medicine doctor and obesity medicine specialist. He’s helped patients at his Keto Medicine Clinic at Duke University lose over 26,000 pounds and reverse conditions like type 2 diabetes, PCOS, high blood pressure, and more. In End Your Carb Confusion, he shares his time-tested and science-backed strategy with YOU! If you’ve spent years doing “all the right things” but you’re still dealing with excess weight, diabetes, heartburn, joint pain, fatigue, skin problems, or other issues, End Your Carb Confusion is the GPS you need to help you navigate your way from frustrated and disappointed to empowered and successful. Find the level of carbohydrate intake that’s right for you now, and then learn how to switch gears to a higher- or lower-carb diet when the time is right. Dr. Westman gives you the information you need to start reclaiming your health today—no complicated and confusing scientific gobbledegook, only exactly what you need to understand how you got to where you are (hint—it’s not your fault!) and, more important, how to get to where you want to be. You shouldn’t need a PhD, a private chef, and a million dollars to lose weight and get healthy. The simple, straightforward plan laid out in End Your Carb Confusion fits into any lifestyle, whether you shop at an organic co-op or a discount chain and will help you reach your goals whether you prefer gourmet meals or fast food. No matter where you’re starting from, End Your Carb Confusion can lead you to your destination—a renewed body, mind, and spirit.

Over 150 Fun & Easy Recipes to Keep the Whole Family Happy & Healthy

Balance Your Hormones Naturally

Wheat Belly Cookbook

How to Come Out a Winner

The Art of Healthy Eating - Savory

How to Come Out a Winner

"The Life of Cheese is the definitive work on America's artisanal food revolution. Heather Paxson's engaging stories are as rich, sharp, and well-grounded as the product she scrutinizes. A must read for anyone interested in fostering a sustainable food system." Warren Belasco, author of Meals to Come: A History of the Future of Food "Heather Paxson's lucid and engaging book, The Life of Cheese, is a gift to anyone interested in exploring the wonderful and wonderfully complex realities of artisan cheesemaking in the United States. Paxson deftly integrates careful considerations of the importance of sentiment, value and craft to the work of cheesemakers with vivid stories and lush descriptions of their farms, cheese plants and cheese caves. While she beguiles you with the stories and tastes of cheeses from Vermont, Wisconsin and California, she also asks you to envision a post-pastoral ethos in the making. This ethos reconsiders contemporary beliefs about America's food commerce and culture, reimagines our relationship to the natural world, and redefines how we make, eat, and appreciate food. For cheese aficionados, food activists, anthropologists and food scholars alike, reading The Life of Cheese will be a transformative experience." Amy Trubek, author of The Taste of Place: A Cultural Journey into Terroir

"A comprehensive resource patients and patient-educators can use to prevent and reverse illnesses of aging. David was obese, depressed, and headed for a heart attack, Keto chemistry pumped life back into his brain, relationships, and business. Dr. Bosworth uses David's story to teach how to implement keto chemistry and stay consistently keto. Based on research in neuroscience, metabolism, substance abuse, diabetes, and psychology, this essential guide provides evidence-based strategies and practical tools to understand, support, and educate resilient, healthy lives. This guidebook reflects the actionable steps used in Dr. Bosworth's clinic--from preparing for success, to navigating the transition into ketosis, to forming a support group"--

The Hearty Approach to Ultimate Health In a world of fad diets and confusing health trends, the Carnivore diet keeps it simple—eliminate processed and inflammatory foods and get back to the heart of human nutrition: meat, salt and water. Erin Blevins, creator of shutupEAT, and Vivica Menegaz, author of Keto Cooking for Healing and Weight Loss, have created an incredible guide with the most up-to-date information on the Carnivore diet, the different approaches you can take and the science behind each method so you can pick what works best for you. With these two health gurus guiding you on your journey, you'll quickly start to heal your gut, cure your autoimmune symptoms, drastically trim away the pounds and so, so much more. Thanks to Erin's expertise as a personal chef and Vivica's creativity in the kitchen, you'll be endlessly surprised at the diverse array of tasty meals at your disposal. If you thought adopting a Carnivore diet meant eating steak, steak and more steak, think again. Try the tender Smoky Carpaccio with Golden Marrow Oil, Grilled Pork Belly with Dates and Eggs, Honey-Glazed Beef Spareribs or Pomegranate Grilled Lamb Chops. Erin and Vivica even include desserts such as Berry Mousse and Flan with Honey, snacks like Cranberry Venison Jerky and breakfasts such as Carnivore Pancakes with Berry Compote. With such a delicious collection of recipes, healing your gut and losing weight on the Carnivore diet has never been easier.

Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. what do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? Life in the Fasting Lane fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

Unlock the secrets of your metabolism

The French Twist

Your Guide to Accelerated Weight Loss and Healthy Healing

Twelve Secrets of Decadent Dining and Natural Weight Management

In the Realm of Hungry Ghosts

Discover the Secrets to a Healthier You

This cookbook companion to the New York Times bestseller Wheat Belly serves up 150 great tasting wheat-free recipes to help readers lose weight and beat disease. Wheat Belly shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects-ranging from more sugar to the buildup of stubborn belly fat (so-called "wheat bellies")-could be banished forever with one simple step: Saying goodbye to wheat. The Wheat Belly Cookbook takes readers to the next level with over 150 fresh and delicious wheatless recipes, including Breakfast Quesadillas, Braised Pot Roast with Vegetables, velvety Peanut Butter Cookies, and more. Plus, free hits like Blueberry French Toast, Bruschetta Chicken on Angel Hair, Spaghetti Bolognese and velvety Scones. Additionally, readers will also learn how to: - Dodge symptoms of "wheat withdrawal" experienced by about 10 percent of dieters, ensuring a smooth transition to this new healthy eating plan - Set up their wheat-free kitchen, in which to cook - Use simple techniques, shopping lists, and strategies to get the whole family on board - Avoid regaining a wheat belly while eating out at restaurants and parties—plus exciting meal ideas guests will love

The ketogenic diet is all about nourishing and healing your body with nutrient-dense whole foods, as international bestselling author Maria Emmerich has demonstrated in her previous books, The Ketogenic Cookbook and The 30-Day Ketogenic Cleanse. In Keto Comfort Foods, Emmerich has compiled her most soul-warming, happiness-invoking recipes. Over 170+ recipes include cinnamon rolls, steak fries, chicken cordon bleu and tiramisu cheesecake. Maria has covered all the bases, giving you the recipes and tips you need to make delicious and healthy versions of your favourite dishes.

Recipes adapting favorite foods to healthier options.

Your past, your present, and your perceptions of the future are a powerful part of your life. What do you do with your past? How do you view your personal future? What impact does that view of the future have on you right this moment? Do you have any control over where your life goes from here, or are you simply a pawn in a great of fate? To provide a simple self-help recipe or to ignore the dark and serious issues of life, Forward Story leads readers to a challenging reflection on meaning, purpose, and the future. This book equips you to take action and to be purposeful in the way you live. Rather than telling you how to live, Forward Story requires that you actually be the author of your life. To want to live a life in harmony with your values, purpose, and ambition, this book provides what you need in order to write the future you desire.Endorsements:"e:Forward Story is a compilation, with interesting storytelling, of everything I have learned about life, success, and failure in my eighty-three years. Casey has done a marvelous job of capturing the essence of my life in a way that is both honest and inspiring. In a manner what I wished I could have heard when I was twenty years of age-and thereby could have avoided most of the pitfalls I experienced."e: Bill Martin, VP, Texas Instruments"e:Forward Story includes abundant anecdotal and historical narrative to illustrate and clarify the concepts of writing one's personal Forward Story. Casey relies on his own experiences and motivate others to a higher level of achievement, to successful accomplishment, and to the satisfaction of a job well-done. Read the book! Take the advice! Follow the steps in writing your own Forward Story. You will be glad you did!"e: Jimmy Creel, Ed.D., Assistant Professor, Lamar University"e:For every dramatic performance, every act, there's a story behind the story. It's called the backstory. Mark Casey writes the more important chapter, the Forward Story. This is a guide to help you achieve that success, to realize your performance, and to live your dream. Pulling from his own goal-oriented successes, and inspired by the achieved dreams from science, literature, public speaking, and more, Casey provides a practical handbook to help you write your future and live the life you have yet to imagine."e: Thomas Graham, President and CEO, Crosswind Communications, LLC"e:I enjoyed three consecutive careers as a preacher, lawyer, and corporate senior executive, so I have had my share of transitional moments. As I was preparing to retire, I shared the concept of this book with me. My wife and I wrote our Forward Story for the first two years of retirement, and what a positive difference that made! Mark's book is a refreshing reminder of what it takes to successfully maneuver through the ambiguities of life's constant flux. Whatever your age and whatever changes you are experiencing, take the time to ponder this book."e: James W. Poppell, former Executive VP (Retired), NextEra Energy, Inc.

Maximize Your Metabolism

The Aging Games

Reset Your Metabolism with 160 Tasty Whole-Food Recipes & Meal Plans

The Art of Healthy Eating - Savory, Sweets and Kids

Keto Air Fryer

The Case for Keto

***With wit and wisdom, this exploration of the French attitudes shows how to revere and respect food and dining. Based on a desire to take the American obsession with weight in a new direction, it exposes the shortcomings of quick-fix, fad diets and encourages readers to examine their unique connections to food.***

**A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the 'why', she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever.**

**The ketogenic diet has gained in popularity, but that has led to some bad information being shared. You can do keto right, and you can do keto wrong. This book is all about how to do keto the right way! Despite what health science has beaten into us over the last fifty or so years, humans thrive on high-fat, low-carb diets. Millions of people around the world have discovered that a ketogenic lifestyle is the key to weight loss, disease prevention and intervention, and a more vibrant life. Gone are the days of constant hunger and low energy. This book leads you on a path to better health, a slimmer waistline, elimination of cravings, and endless energy. Craig and Maria Emmerich have partnered to write a book that digs deep into the science of ketogenic dieting, explaining how dozens of diseases can be cured or controlled through keto and how ketogenic diets are fueling a new breed of athlete—all in an easy-to-understand way that breaks down the complicated science for you. Keto is the definitive resource to the ketogenic lifestyle. Inside, you'll learn How you can beat cancer, obesity, metabolic syndrome, coronary artery disease, high cholesterol, Alzheimer's, dementia, ADHD, anxiety, and depression into submission by making some simple yet impactful changes to your diet. How cholesterol and diabetes medications could very well be making you sicker rather than better. How generations of bad advice—designed to sell sugar, not health—has killed millions who blindly trusted the medical community and, worse still, the government to tell them the truth. How overconsumption of carbohydrates is bad for your health and could be at the root of what ails you. How changing your inputs—the foods you eat—can change your outputs, meaning your quality of life. How our bodies work, including oxidative priority, fat flux, and lipolysis, explained in such a way that everyone can understand how our bodies really process what we put into them. How inflammation is at the root of many diseases and how modern diets that are rife with sugar, carbs, and omega-6 oils are sending us to early graves. How hormones control mood swings, sex drive, blood sugar levels, muscle tone, fat-burning ability, metabolism, the immune system, and much more—and how adopting a ketogenic lifestyle can change your waistline and your life! How to stock your pantry with the right foods and make meal plans that are delicious and easy to follow and, most importantly, are the pathway to a longer, healthier life. How you can build muscle and perform at your best on a low-carb, high-fat diet. No, we're not making that up! Which foods are the most nutrient dense to feed our cells the vitamins and minerals they need. How to sort through the confusion and conflicting information about what a ketogenic diet is. This book clears it all up, dispelling the myths of ketogenic diets. So, enjoy those healthy animal proteins. Gnaw on that rib bone. And say no to that plate of “heart-healthy” pasta. New York Times bestselling author Maria Emmerich and her husband, Craig, are going to take you on a journey to a new life—one that helps you lose weight, build muscle, and live the life nature intended you to live!**

**In Maximize Your Metabolism Dr. Maclaren shares a brand new program based on cutting-edge science about how to use your body's response to insulin to boost your metabolism and easily achieve unprecedented good health. Each of us fits into one of five different body types, based on our bodies' level of insulin resistance (the book includes an easy self-assessment quiz for readers to identify their type). Maximize Your Metabolism offers unique diet and exercises plans tailored for each of the five different body types, as well as core recommendations that every type should follow, including: A low-carb diet rich in vegetables, with modest portions of meat, eggs, cheese, plain Greek yogurt , and low sugar fruits such as Granny Smith apples, berries, and green crunchy pears Avoiding "healthy" foods that are actually hurting you: quinoa is a simple carbohydrate you should substitute with cauliflower rice, and probiotics are overrated (instead choose prebiotics, such as artichokes, leeks, and onions). Sleep: 6-8 hours per night (and recommended testing for sleep apnea). Exercise: 3+ times per week, as vigorous as you can, for as long as you can. This book is based on the extraordinary successful program that Dr. Maclaren has prescribed to thousands of patients with great success. Filled with specific guidance and over 30 delicious recipes, Maximize Your Metabolism is the perfect diet for readers who want to lose weight and love their lives every step of the way.**

**The Carnivore Cookbook**

**Keto Diet Cookbook**

**Close Encounters with Addiction**

**Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease**

**100+ Delicious Low-Carb Recipes to Heal Your Body & Help You Lose Weight**

**The Protein-Sparing Modified Fast Method**

Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is the combination of three of my best selling cookbooks. It is filled with mouth-watering foods and nutrition facts that demonstrate how eating healthy can be an expression of art.

Included are recipes for your favorite comfort foods like pasta, lasagna, risotto, calzones, sushi, clam chowder in a bread bowl, baked brie, chicken pot pie, chili cheese "fries", tomato basil sandwich wraps, pizza, tortillas, and many more. There are also lots of valuable tips and tricks to help one along the journey of learning how to eat as an art.

Life gets busy, especially when you have children, meetings, and other obligations. Too often healthy eating falls low on the priority list, and people default to processed convenience foods laden with sugar and carbs. Maria Emmerich is here, once again, to curb mealtime stress by combining her beloved low-carb, keto-friendly recipes with America's latest kitchen trend: the air fryer. Air fryers have become extremely popular in the last few years due to their ease of use, their speed, and the healthier foods they produce. Tired of waiting for your oven to heat up (not to mention your house, especially in summer)? What about soggy leftovers after reheating in the microwave? The air fryer has you covered! Almost any deep-fried or oven-baked dish can be made in an air fryer. Preparing your favorite keto dishes in record time with little cleanup has never been easier. Maria shows you how to do it all seamlessly, step by step. She gives you her best tips and tricks for success on the keto diet and offers up a wide variety of delicious dishes, from air fryer classics like onion rings and chicken wings to unexpected additions like cookies and even omelets. Keto Air Fryer will help you make quick and delicious meals, save time in the kitchen, and enjoy the family! Sample Recipes Include: Double-Dipped Mini Cinnamon Biscuits Breakfast Pizza Bacon-Wrapped Pickle Poppers Crispy Calamari Rings Caramelized Broccoli Crunchy Top Personal Mac ‘n’ Cheese Mushroom and Swiss Burgers BBQ Riblets Buffalo Chicken Legs Coconut Shrimp with Spicy Mayo No-Corn Dogs Pumpkin Cheesecake Hand Pies And many more!

Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the “rules” and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

A collection of 120 paleo-friendly recipes by the "Ditch the Wheat" blogger adapts everyday favorites to eliminate gluten, legumes and dairy, offering such options as Buffalo Chicken Fingers, Grain-Free Sandwich Bread and Cinnamon Buns. Original.

The 30-Day Ketogenic Cleanse

Sugar-Free Kids

The Blood Code

The Keto Reset Diet

How to Make Intermittent Fasting a Lifestyle - and Reap the Benefits of Weight Loss and Better Health

Ditch the Wheat

For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has skyrocketed. So why has this prescription so clearly failed? Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating. A groundbreaking manifesto for the fight against obesity and diabetes, in The Case for Keto, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

Keto meets carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich. Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last 100 years or so, the introduction of millions of food additives, the development of a year-round produce supply, and the hybridization of fruits and vegetables, making them higher in sugar and lower in nutrients. Carnivore Cookbook explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat-eaters. In this book, you will learn why all plants come with a downside. Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten. Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut. There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol: a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free. You will also learn which foods are the highest in nutrient density to help your body heal. Carnivore Cookbook includes more than 100 tasty meat-focused recipes featuring innovative ways to add flavor and variety. There are even carnivore meal plans with grocery lists to make the diet easy to follow. Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. Emmerich shows you how to turn your kid's favorite comfort foods into an expression of art; the recipes have been taste tested by her own two little boys. She includes tips and tricks she uses to make cooking for her family easier, as well as facts to help you family along the journey of learning how to eat as an art.

In this latest June 2012 edition I am honored to have the forward written by Dr. William Davis, Author of the New York Times Best seller "Wheat Belly"! Dr. Davis is a leader in his field and he discusses the relevance of the material covered in this book and its importance to modern nutrition theory. Most of the book is updated with the latest nutritional science. Maria is constantly researching the latest science and this edition updates all the latest information to help you get your metabolism back on track. In this book you will learn the tools to lead a healthy lifestyle that you can sustain for the rest of your life. It is based on the food science of how our bodies react to different ingredients. Using these guidelines you can lose weight or maintain a healthy weight while staying full and satisfied. This book covers the science behind nutrition and how our bodies use different elements of our food to function. The last chapter supplies recipes, pantry items, and healthy substitutes to help you use these scientific properties and make healthy meals that not only feed your body what it really needs, but keep you full longer. Some of the topics covered are: - Nutrient Timing - Typical Diet Downfalls - Tired, Toxic Liver - How to Optimize Your Hormones - Menstrual Cycle Timing - Supplements to enhance Weight Loss - Putting it all together: Alternative Flours, Alternative Sweeteners and Pantry List!

Ketogenic Cookbook

End Your Carb Confusion

Against All Grain

The Art of Healthy Eating - Kids

Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating

The Hormone Survival Guide for Perimenopause

One-size-fits-all dietary and health advice fails to help most individuals reverse type 2 diabetes, hypothyroid symptoms, and heart disease. The Blood Code walks a line between a reference text and self help book--Step One of The Blood Code is a simple blood test panel where you can learn from the simple actionable science within you. Subsequent steps map that provides you the power to reverse these metabolic conditions and experience the health and energy you deserve. Dr. Maurer provides an optimistic evidence-based message - medical diagnoses such as prediabetes, type 2 diabetes and hypothyroid are not troublesome illnesses but rather advantageous expressions of a body that has the power to heal. The Blood Code clears the air of confusion and allows you to reliably find the dietary and fitness habits that are right for your long and productive life.

**NEW YORK TIMES BESTSELLER • Mark Sisson unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. “Sisson masterfully delivers a comprehensive guide . . . to finally achieve success as it relates to health and weight loss.”—David Perlmutter, M.D., author of Grain Brain** Mounting scientific evidence shows that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time—and that it might be the healthiest and most effective weight loss strategy ever. Going “keto” by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrate dependency by restoring metabolic flexibility—where your body learns to burn fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of The Primal Blueprint and publisher of the #1 paleo blog MarksDailyApple, presents a validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming “fat-adapted” before entering full nutritional ketosis. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of healthy fats—and you’ll see immediate results. Next, you’ll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With The Keto Reset Diet, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups, using: • Step-by-step guidance on how to choose and nutrient-dense food to replace them • Daily meal plans, including a recipe section with over 100 keto friendly recipes You’ll use keto as a lifelong tool to stay trim, healthy, energetic, and free from the disastrous health conditions caused by the typical American diet. The Keto Reset Diet is the definitive guide to help the keto-beginner or the keto-veteran understand the what, why, and how to succeed with ketogenic eating.

From the bestselling author of The Keto Diet comes this all-new cookbook featuring 140 low-carb, high-fat recipes designed to help make the ketogenic diet work for each individual's unique needs. Leanne Vogel (HealthfulPursuit.com) is well aware that keto is not a one-size-fits-all way of eating: she offers a wealth of advice for customizing keto for your lifestyle because of frustration and feeling “stuck.” Her goal with The Keto Diet Cookbook is to teach people how to eat keto with foods they have in their kitchens and show them how to make keto work with the resources they have available right now—simple and easy! The book begins with an overview of how, and why, to keto. Leanne walks readers through getting into ketosis, becoming fat-adapted, and figuring out which foods make them feel good and help them hit their goals. Following that is a varied and delicious collection of recipes for breakfasts, lunches, dinners, sweet and savory snacks, drinks, and condiments. The recipes are packed with handy extras that make them even easier to use. This comprehensive nutrition information to substitutions for those with dietary restrictions, such as vegetarians and people with food allergies. They include: Keto Breakfast Pudding All Day Any Day Hash Mexican Meatza Epic Cauliflower Nacho Plate Creamy Spinach Zucchini Boats Sweet Beef Curry Pork with Lemon Thyme Cauli Rice Bacon Macadamia Crack Bars Coffee Bean Shake And much more! With The Keto Diet Cookbook, readers will find dozens of mouthwatering ways to honor, trust, and nourish their bodies. When we do that, we start to feel good, make better decisions for our health, and naturally and effortlessly progress toward our goals.

Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is filled with mouth-watering food and nutrition facts that demonstrate how eating healthy can be an expression of art.

The Life of Cheese

Life in the Fasting Lane

Forward Story

The Art of Healthy Eating - Sweets

Keto-Adapted

Consistently Keto Diet for Life

What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health—it can improve everything from epilepsy to obesity to autoimmune disease and more.If you want to try a ketogenic diet but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. Not only are the recipes fast and simple to prepare, but they're also specifically designed to support your body in ketosis so you can heal. They are grain-free and built around real, whole foods, in keeping with Paleo principles. Plus, there are many options for those looking for nut-free, egg-free, dairy-free, and vegetarian meals.It's easier than you think to prepare mouthwatering, nourishing ketogenic meals. Quick Easy Ketogenic Cooking shows you how.The ketogenic diet is a way of getting your body to stop relying on sugar for energy. When we get most of our energy from fat instead, something amazing happens—our health soars and extra weight falls off. The ketogenic diet has been used as a treatment for epilepsy for decades, and it also can help treat obesity, heart disease, metabolic syndrome, autoimmune disease, and more.Quick Easy Ketogenic Cooking makes the ketogenic diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Plus, with its emphasis on real, whole foods, it's perfect for anyone following Paleo, and its abundance of nut-free, egg-free, and dairy-free options make it ideal for those with food allergies or intolerances.Quick Easy Ketogenic Cooking includes more than 170 recipes, such as:Spring Popovers Chicken Alfredo Taco Bar Night Slow Cooker Sweet-n-Spicy Short Ribs Pizza Sticks Mushroom Ragu Skillet Lasagna Smoked Salmon Flourless Fudgy BrowniesPlus, an introduction to the ketogenic diet explains how and why it works and how to become a fat burner. There are also tips and tricks for keto success, suggestions for eating keto at restaurants, and six meal plans—two weekly and four monthly—to make meal planning effortless. No matter how busy you are, there is time to eat well. Your health is worth it.

Discover Over 100 Anti-Aging Tips, Tricks & Secrets That Help Women 40+ Feel and Look Years Younger The Aging Games is an information packed 256-page Guide that reveals some of the most effective and powerful anti-aging 'hacks' in the areas of beauty, weight loss, nutrition, skin care, hair and teeth, sleep, and more. When it comes to anti-aging everyone's mind automatically jumps to Botox, plastic surgery or expensive cosmetics. But true anti-aging will not only turn the time back on your face but your whole body by improving your overall health and extending your lifespan. My mission is to bring you back to the core fundamentals and principles of good health by following common sense that is not always common knowledge. In fact, it is often the very opposite of mainstream dogma or commercial interests. I will reveal some secrets the beauty industry doesn't want you to know! Just as your body has its own self-healing mechanism, it also comes with its own anti-aging mechanism. For almost 3 decades now I've been involved in the natural health field. Along the way, I've been fortunate to uncover and discover a multitude of natural and effective ways to look and feel years younger - even as we mature past the age of 40. Now I've put over 100 of my favorite and most naturally effective tips, tricks and hacks for anti-aging into one very user-friendly guide I've called, The Aging Games: How to Come Out a Winner. These tips fall under a wide variety of health and beauty topics that range from skin care, weight loss, improved sleep, beauty treatments, nutrition and much more. These specific tips, tricks and anti-aging 'hacks' that I've both discovered and used myself with great success are not only easy to implement at home, but implementing just a few of these tips on a consistent basis can yield some very remarkable results. A Quick Sneak Peek of What You'll Discover Inside The Aging Games Program How to naturally (and easily) "reset" your own biological clock from the inside out. This will slow the aging process and allow you to look and feel years younger! Find out the most powerful and effective anti-aging exercises for dropping those unwanted pounds of fat, while preserving essential muscle (Hint: it's not as complicated as you think)! Discover why you shouldn't fear dreaded cholesterol and how it can actually help you live a much longer and healthier life! Do you really know what causes arterial build-up in your veins and causes lack of blood flow? It's not what you think. I'll tell you the real culprit and what you can do about it! Why you should ditch your favorite pair of sunglasses and do this instead to naturally improve your eyesight and sleep better. You'll wish you did this years ago once you SEE the real difference in your health and vision! Find out how you can easily increase your lifespan by over 10% or more with just a few simple adjustments to your own lifestyle! A little of this goes a very long way! I'll show you exactly why you don't need 8 glasses of water per day, why coffee is actually making you sick and fat, and why breathing LESS is better for optimal health! Discover why you should never eat past sundown, how vegetable oils are secretly destroying your health, and the real secrets why fasting can help you melt off pesky fat (and also help you live longer)! Ever heard of the 'Vagus Nerve'? Find out why stimulating this critical nerve can have a vital impact on your own physical health and personal vitality! Find out the critical importance of fascia and aging, a secret trick to increasing collagen levels by 400%, and how red light can actually help you age backwards!

This is the latest in my series of grain free low carb cookbooks. As with the other books in this series (Sweets, Kids and Savory) it is a full color cookbook with photos of all the recipes. This is my first hardcover and also has almost twice the recipes (198 total!). Many of you know that our family has doubled in size a little over a year ago. With the growth of our family,

Craig and I have been busier than ever. Not only do we have 2 more mouths to feed, we also are trying to enjoy being new parents, as well as keeping Maria Mind Body Health running. I now understand why eating the "healthified" way can be a struggle for a busy family! But since grain free and low carb eating is such a priority for us, Craig and I decided to put together this slow cooker book to make it easier to keep your family nourished even during busy times or on those hot summer days when you just don't want to turn the oven on. This book is filled with amazingly tasty, yet easy recipes like, lasagna, chicken Parmesan, fajitas, cashew chicken, cookie dough cupcakes, pumpkin custard, and many more to keep your family satisfied! There are also lots of valuable tips and tricks to help one along their journey as they learning how to eat as an art.

Choosing a healthy lifestyle doesn't have to mean a lifetime of deprivation. This book is filled with decadent desserts and baked goods that show how eating healthy can be an expression of art. Emmerich includes tips and facts to help you along the journey of learning how to eat as an art.

Over 100 Recipes to Accelerate Weight Loss & Improve Healing

Secrets to a Healthy Metabolism

The Carnivore Diet

Keto

Keto Restaurant Favorites

Quick & Easy Ketogenic Cooking

*Having battled an autoimmune disease the modern-medicine way for many years, Danielle Walker took matters into her own hands and set out to regain her health through the medicine of food. After four years of turning her kitchen into a laboratory for revamping her culinary point of view, Danielle mastered the art of grain- and dairy-free cooking—and improved her well-being, virtually eliminating all her ailments.A self-trained chef, Danielle is the new face of grain-free cooking, tempting foodies of all stripes with her accessible recipes for vibrant Paleo food. Paying homage to the dishes she loved in her pre-Paleo life, she has ingeniously recreated all her favorites without grains or dairy in her first cookbook.Complementing her innovative recipes with elegant photography, Danielle takes you on a culinary Paleo journey that includes everything from quick breakfasts to sinful desserts, with a long list of hearty entrees in-between. And because Danielle knows she's not the only one with a finicky toddler at home, she has included a special section filled with healthy recipes that kids will be eager to eat and moms will be just as eager to serve.These recipes are sure to leave you feeling satisfied and exhilarated, rather than discouraged and deprived. Danielle proves that omitting grains, gluten, dairy, and refined sugar doesn't correlate with sacrificing taste; in fact, just the opposite. This book will show you that you can go against the grain in the culinary world and enter a paradise of gourmet foods with exciting flavors.*

*For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels.*

*Explaining why women between the ages of 35 and 50 often experience significant changes in mood, weight, sex drive, and general well-being due to hormonal imbalances, this guide shows women how to regain control of their hormones—and their lives—and feel good again through natural means. Women who have had long-standing physical and emotional complaints written off by doctors as normal or genetic are provided with step-by-step solutions to such hormone-related problems as weight gain, fibroids, sex-drive doldrums, adult acne, depression, anxiety, irritability, chronic fatigue, and facial hair. Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal—including hormone balancing and weight management plans that will help them feel better—with dramatic, life-changing results.*

KetoCONTINUUM

Grain Free Low Carb Reinvented

The Art of Healthy Eating - Slow Cooker

60 Delicious Recipes for Healing and Weight Loss

150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

The Essential Carnivore Diet Cookbook