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THE

BANTING **SOLUTION**

Your low-carb guide to
PERMANENT WEIGHT LOSS

Bernadine Douglas & Bridgette Allan

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Transformation Bernadine Douglas, 2021-05-04 The weight loss book for women that will change the way you look and feel about yourself Lose belly fat stop yo yo dieting and overcome emotional eating Are you a woman who has had a lifelong struggle with your weight and tried many different diets unsuccessfully Do you struggle with yo yo dieting and emotional eating and do not want a programme that is too restrictive or hard to follow Do you suffer from type 2 diabetes or are you insulin resistant If you answered yes to any of these questions then Your 12 Week Body and Mind Transformation is for you This is not a diet book Instead this hands on practical guide offers a permanent lifestyle change that will help you correct your eating habits by changing your mindset to achieve the results you want Spread over 12 weeks the easy to follow programme will teach you how to embark on a life changing journey one step and one day at a time Each week features a healthy nourishing and delicious meal plan that is low in sugar quick and easy to prepare and suitable for the whole family to enjoy The book is also full of practical tips advice and weekly homework tasks to help you identify what is holding you back mentally and emotionally Shopping and swap out lists are included too as are weekly exercises that are easy to do at home with links to online video demonstrations With its focus on a low sugar intake and intermittent fasting which has proven to be the best and most effective method to boost weight loss improve the immune system and rebalance hormones Your 12 Week Body and Mind Transformation will help you overcome emotional eating and forever put a stop to yo yo dieting **Diet and the Disease of Civilization** Adrienne Rose Bitar, 2018-01-26 Diet books contribute to a 60 billion industry as they speak to the 45 million Americans who diet every year Yet these books don't just tell readers what to eat they offer complete philosophies about who Americans are and how we should live Diet and the Disease of Civilization interrupts the predictable debate about eating right to ask a hard question what if it's not calories but concepts that should be counted Cultural critic Adrienne Rose Bitar reveals how four popular diets retell the Fall of Man as the narrative backbone for our national consciousness Intensifying the moral panic of the obesity epidemic they depict civilization itself as a disease and offer diet as the one true cure Bitar reads each diet the Paleo Diet the Garden of Eden Diet the Pacific Island Diet the detoxification or

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