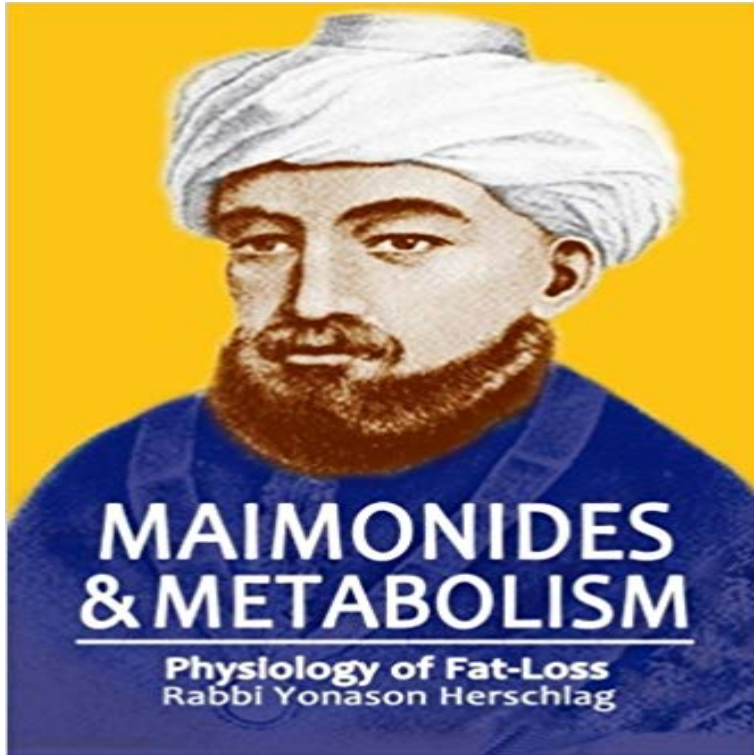


# Maimonides & Metabolism: Unique Scientific Breakthroughs in Weight Loss



Get the keys to sustainable weight loss--reduce hunger, speed up metabolism, and transform your body into a fat-burning machine, with a science based approach. Today there is a debate raging among nutritional authorities concerning the timing of breakfast. Some argue that in order to avoid sugar lows and uncontrollable hunger one should eat breakfast shortly after awakening. Others promote the extension of the nightly fast by delaying breakfast, and thereby attaining the metabolic advantages and improved insulin sensitivity of intermittent fasting. Maimonides & Metabolism explains in depth the physiological processes that are overlooked by many mainstream nutritional authorities, such as the fact that its better to hold off on breakfast until at least three hours after waking. A person habituated to such a late breakfast wont suffer sugar lows because the hormone cortisol is at its daily peak half an hour after waking up in the morning, and cortisol boosts blood sugar levels. In fact, since cortisol raises blood sugar (the opposite of insulin which lowers it) eating a breakfast that includes carbohydrates too early will spike blood sugar levels too much, as the high levels of cortisol wont allow the insulin to lower the blood sugar to balanced levels. High blood sugar then leads to hyperinsulinemia (too much insulin). And simultaneous high levels of cortisol and insulin cause the body to increase the number of fat cells. Hyperinsulinemia also directs the body to store fat, and blocks the body from using stored fat for energy. Maimonides & Metabolism delves into the timing of meals and exercise, habituating ourselves to the most effective strategies of daily intermittent fasting that alleviates hunger and puts us into the natural fat burning mode. Several chapters go into great detail on macronutrients to arm dieters and dietitians with the understanding needed

for sustainable fat-loss. It includes hundreds of cutting edge studies backing up the recommendations of Maimonides and the Talmud, as well as the best proven short-term and long-term dieting methods for fat-loss and improved health. It also includes 16 charts, 14 graphs/diagrams/pictures, 358 footnote references, a glossary and bibliography. Health professionals are hailing it THE Health Bible, recommending this book to their colleagues and patients for its amazing array of insights and solutions. Click on tab Add to Cart and begin your journey to freedom from hunger, faster fat-burning metabolism, and get into great shape. GREAT VALUE!!! Chapter 15 gives you a summary of some of the most popular diet books: Atkins, Eat to Live, Paleo, Venice Nutrition Program, Dukan, South Beach, Zone, the Fast Diet, and the American Heart Associations No-Fad Diet. You also receive a physiological analysis of the short and long term effects of each of these diets, and a summary of the pros and cons of each diet, with additional notes and criticisms. The other chapters give you even greater value. You get a summary of the practical lessons of a BA in dietetics + summaries of studies on how certain hormones increase fat cell number, and studies describing how certain nutrients can help reduce fat cell number + an advanced endocrinology course describing the effects of hormones on metabolism + the greatest pearls of wisdom of the Talmud and Maimonides diet recommendations, analyzed in the light of the science of physiology. Obtain clarity on how diet affects hormones and metabolism. Become expert in macronutrients. Learn the most successful methods of short and long term sustainable weight loss. Be the first to reveal to your friends the amazing benefits learned from Maimonides & Metabolism. Click on tab Add to Cart, and BUY NOW!

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