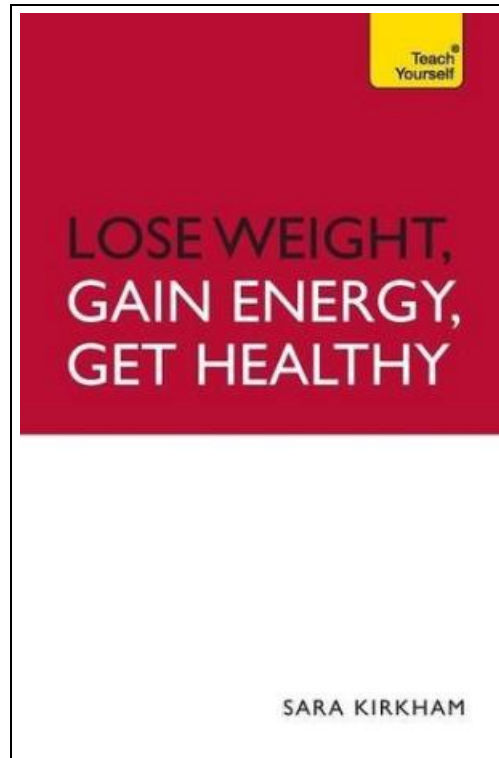


## Lose Weight, Gain Energy, Get Healthy: Teach Yourself



Filesize: 4.28 MB

### ***Reviews***

*This written ebook is great. I was able to comprehend every little thing using this written e publication. I am very happy to tell you that this is the finest ebook i have go through during my individual existence and could be he greatest ebook for possibly.*  
**(Simone Goyette II)**

## LOSE WEIGHT, GAIN ENERGY, GET HEALTHY: TEACH YOURSELF



Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Is this the right book for me? Have you tried hundreds of diets and failed? Lose Weight, Gain Energy, Get Healthy is not a diet, but an achievable approach to eating which maximizes the use of superfoods to not only lose weight but really gain in energy and wellbeing. With info on how to detox, and how to sustain your weight loss, this is your ultimate guide to optimum nutrition and a new, slimmer body. Lose Weight, Gain Energy, Get Healthy: Teach Yourself includes: Chapter 1: Food for health and life What is a healthy diet? Your food diary Healthy eating recommendations Optimum nutrition Nutrition Quiz Understanding the basics Proof that a healthy diet works Chapter 2: Eat to lose weight Reasons for weight gain The energy balance equation Calculating your Body Mass Index Basal Metabolic Rate How much weight should you lose? 1: Reducing your calorie intake 2: Using up more calories through activity and exercise 3: Eating less and exercising more Seven-day eating plan for healthy weight loss Chapter 3: Superfoods What are superfoods? Phytonutrients The essential fatty acids Meet the superfoods Simple tips for increasing your superfood intake Superfoods seven-day eating plan Superfood recipes Getting the most from superfoods Chapter 4: How to detox! Why detox? Do YOU need to detox? What are toxins? How we detoxify Detox options Planning your detox Top ten foods for detox Basic detox guidelines Supplements to help What to expect during your detox Possible side effects Fourteen-day detox eating plan Chapter 5: Functional foods What are functional foods? Are functional foods useful? Benefits and drawbacks of functional foods Omega 3 fatty acids Plant sterols Do functional foods cost more? The...



[Read Lose Weight, Gain Energy, Get Healthy: Teach Yourself Online](#)



[Download PDF Lose Weight, Gain Energy, Get Healthy: Teach Yourself](#)

## Related Books



**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Download eBook »](#)



**Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts**

Book Condition: Brand New. Book Condition: Brand New.

[Download eBook »](#)



**The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover**

Book Condition: Brand New. Book Condition: Brand New.

[Download eBook »](#)



**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download eBook »](#)



**The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2007-01-01 Pages: 244 Publisher: Science Press Welcome Our service and quality...

[Download eBook »](#)

**The Lifestyle Business Rockstar!: Quit Your 9 -5, Kick Ass, Work Less, and Live More!**

Createspace, United States, 2013. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Starting a Small Business-a Lifestyle Business that Supports Your Desired Lifestyle Do You

[Save ePub »](#)

**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other

[Save ePub »](#)

**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

[Save ePub »](#)

**Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)**

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How

[Save ePub »](#)

**13 Things Rich People Won't Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)**

Reader's Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local

[Save ePub »](#)