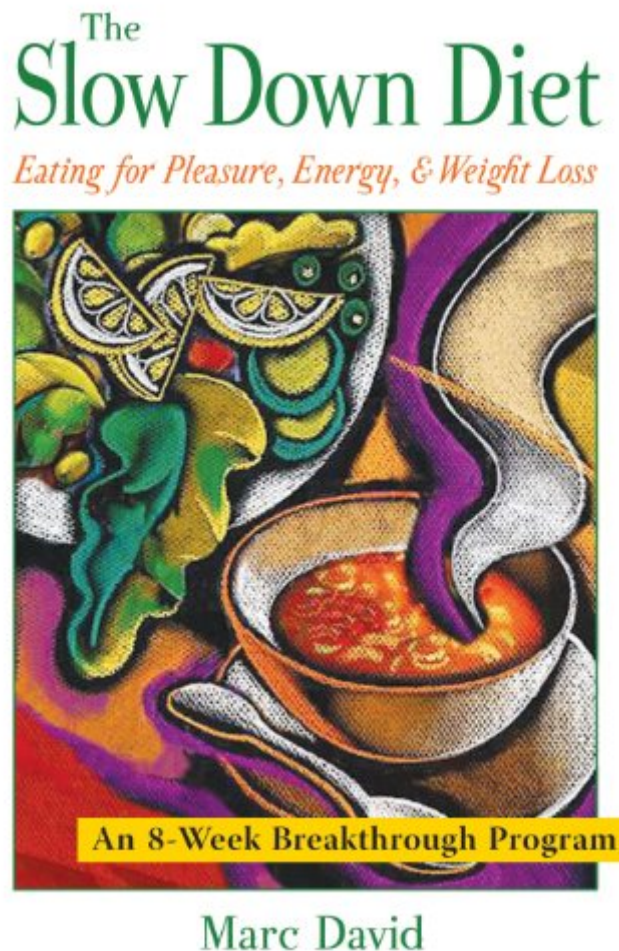


The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss PDF



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The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss by Marc David ISBN 1594770603

A revolutionary approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being

- Presents an eight-week weight-loss program
- Explains how relaxed eating stimulates metabolic function and how stress hormones encourage weight gain
- Shows how fully enjoying each meal is the optimal way to a healthy body

Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset, but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight.

In *The Slow Down Diet* Marc David presents a new way to understand our relationship to food, focusing on quality and the possibilities of pleasure in eating to transform and improve metabolism. Citing cutting-edge research on body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. Marc David presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as "the right way to lose weight is to eat less and exercise more." He shows instead how to decrease cortisol and other stress-hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. Drawing on more than twenty years of experience in nutritional medicine, the psychology of eating, and the science of yoga, Marc David offers readers practical tools that will yield life-transforming, sustainable results.

The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss Review

This The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss having great arrangement in word and layout, so you will not really feel uninterested in reading.