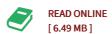




The Nordic Way: Discover the World's Most Perfect Carb-To-Protein Ratio for Preventing Weight Gain or Regain, and Lowering Your Risk of Disease (Hardback)

By Arne Astrup, Jennie Brand-Miller, Christian Bitz

Pam Krauss Books, United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. Based on the practically perfect Nordic Diet, this gimmick-free and scientifically proven approach to eating will help you keep unwanted pounds off for good. Powerhouse experts Arne Astrup, Professor Jennie Brand-Miller, and Christian Bitz know that the Nordic Diet is the "best diet in the world" for getting healthy and staying lean, even into middle age and beyond. As leaders in obesity research, glycemic science, and healthy living, respectively, they've learned that eating a specific ratio of proteins, whole grains, and vegetables and incorporating traditional Nordic ingredients such as rye flour, skyr yogurt, and rapeseed oil into one's diet are the most effective paths to overall health and stable weight. There's complex science at work behind the Nordic Diet, yet it's remarkably simple and delicious to adopt. Readers will be able to see significant improvements in their health and weight--and even prevent the dreaded middle-age spread-without ever having to count a single calorie or eliminate carbs, dairy, and meat. Featuring an indepth look at peer-reviewed studies that support the diet and more than 60 stunningly photographed recipes, The Nordic Way is the health-forward cookbook that readers...



Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

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Skyhorse Publishing, United States, 2014. Hardback. Condition: New. Language: English. Brand new Book. From the author of Hacks for Minecrafters and Hacks for Minecrafters: Master Builder comes the most encompassing guide ever to combat in the world of Minecraft! With more than 100...



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That's Not the Monster We Ordered (Hardback)

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood. Everyone gathers for the occasion. The monster...



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SIMON & SCHUSTER, United States, 2007. Hardback. Condition: New. Language: English. Brand new Book. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result....



The Startup Owner's Manual: The Step-By-Step Guide for Building a Great Company (Hardback)

K & S Ranch, United States, 2012. Hardback. Condition: New. Language: English. Brand new Book. Now a decade after the Four Steps to the Epiphany sparked the Lean Startup revolution, comes its sequel The Startup Owner's Manual. The Manual incorporates 10 years of



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