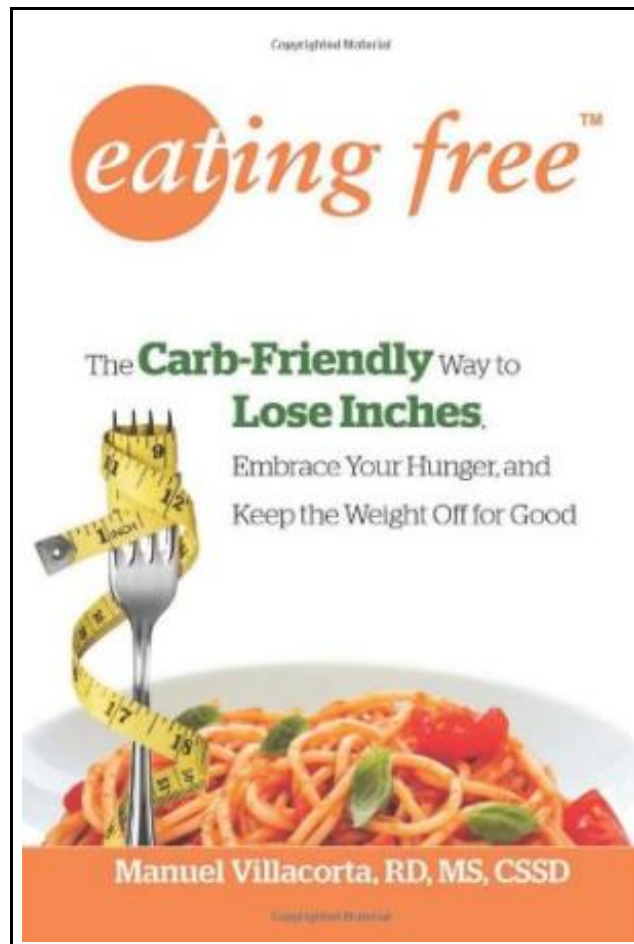


## Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep Weight Off for Good



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*(Damian Poulos)*


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HCI. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 8.8in. x 5.9in. x 0.9in. Eating Free reveals why the prevailing wisdom on weight loss--low-calorie, no carbs, high-intensity exercise--sharply clashes with the facts of human biology and human nature, setting dieters up for failure, again and again. He offers a welcome alternative: a scientifically sound, sensible, effective, and truly pleasurable way of eating. Why Eating Free isn't just another diet book: Eating Free sheds light on a little-known hormone, ghrelin, which controls our hunger (the need to eat), drives our appetite (the desire to eat), and works to manage our metabolism and ability to burn fat only when it is fed, regularly and well. To keep ghrelin and its power to provoke cravings in check, Manuel Villacorta advocates eating--beginning with breakfast, within an hour after waking, and then every three to four hours; Eating Free also calls attention to the role of sleep in weight loss. Based on studies, ghrelin (and appetite) increases when sleep is reduced to four or five hours a night, from the ideal six to eight hours; Eating Free urges dieters to welcome back carbs, a macronutrient needed to control ghrelin spikes. The average brain needs 130 grams of carbs per day to function optimally; The Eating Free program achieves steady, sustainable weight loss--with an 84 percent success rate among Villacortas clients. (Other diets, on average, have an 85 percent failure rate!). Eating Free presents a new nutrition combination for optimal fuel and quality weight loss: 45 percent carbs, 30 percent protein, and 25 percent fats; Eating Free refutes the focus on grueling, daily exercise for weight loss. Research shows that losing weight is 80 percent nutrition and lifestyle. Plus, rigorous workouts cause ghrelin to spike, particularly in women; Eating Free demonstrates that weight loss is about a whole...

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