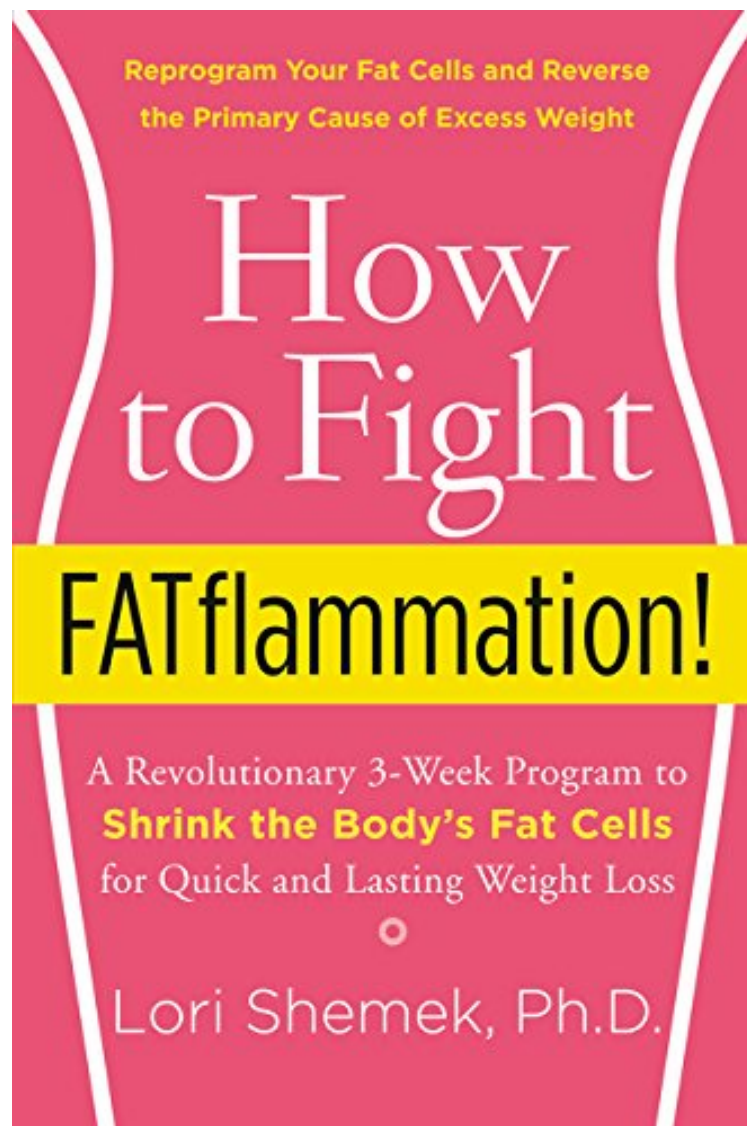


[Free download] How to Fight FATflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss

How to Fight FATflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss

Lori, PhD Shemek

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



+

READ ONLINE

#308879 in Books Ingramcontent 2016-04-26 2016-04-26Original language:EnglishPDF # 1 8.00 x .68 x 5.311, .0 #File Name: 0062347543304 pagesHow to Fight FATflammation | File size: 71.Mb

Lori, PhD Shemek : How to Fight FATflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Fight FATflammation!: A Revolutionary 3-Week Program to Shrink the Body's Fat Cells for Quick and Lasting Weight Loss:

1 of 1 people found the following review helpful. It isn't a diet it is a food plan and life style planBy galleylamaRead it, believe it and then follow it. It really is easy AND you are not hungry while eating this way. Follow Dr Lori's advice about prepping your vegetables ahead of time when you do your grocery shopping and you'll find this easy to follow. I also grill extra chicken cutlets and poach extra fish when I make dinner, which make lunch time very easy. Two weeks in and I am loosing weight and feeling much better...my aches and pains are less each day...wish I had read this book sooner....and did I say I AM NOT HUNGRY eating this way.1 of 1 people found the following review helpful. A valuable guide, based on sound, well proven scientific principlesBy Bud from Boston"FATflamation" by Dr. Lori Shemek PhD, is life enhancing (to say the least), and potentially life saving! The fact based science that Dr. Shemek PhD presents in her book "FATflamation" is a very bright beacon of unvarnished scientific truth in a sea of nutritional and wellness belief systems. I would consider Dr. Shemek's book more than great reading, it is a very accurate, science-based map to vibrant and youthful health, energy stamina for any person serious about living healthy and looking great as well. Dr. Shemek also describes hidden potential health risks in foods currently being consumed by many. This book is a treasure chest of information for how to prepare and plan a course of action leading to obtaining a slimmer, more powerful body, youthful skin, clearer thinking and being light on one's feet and ready for anything. A valuable guide, based on sound, well proven scientific principles. It is easy and pleasant reading as well. I personally use it as a daily guide for navigating through the jungle of available foods to obtain the highest quality and the best, most nutrient dense foods, and avoiding harmful foods. "FATflamation" by Dr. Lori Shemek, PhD, is, in my opinion, the best book currently available on nutrition and wellness.By the way, I lost 20 pounds in three weeks.44 of 45 people found the following review helpful. Dr. Lori Fights The Fat and Wins and So Can YouBy T. Russo Jr.This will be my first review publicly of a book that I have purchased. It is not easy to share thoughts about weight loss and personal body image with total strangers, but once in a blue moon a book comes along and totally changes how you see yourself and the world around you.This is that book.Dr. Lori has hit a home run with "How to Fight FATflamation" - a truly great, one-stop shopping publication that combines the best of thinking out there into one, easy to read book.Like many of you I have read other publications that talk separately about sugar, grains, HFCS and artificial sweeteners, but this is the first time I can recall where everything was in one spot. From beginning to end, Dr. Lori goes through painstaking but easy to understand detail about the many ways in which we are causing harm to our bodies. Having struggled with weight loss issues for over three decades now, I can say I am grateful to have this resource as a guide as I try to improve my health going forward.Not only does this book cover nutrition, but Dr. Lori goes into supplementation and exercise as well - all suggestions are practical and real world and make total sense. Her recipes in the back are easy to follow, and the food list can guide you as you make your way out into the real world of eating. It is sad that so many products exist that supposedly make our lives easier but they actually are the cause of the rampant obesity we are experiencing in this society. It is a joy to have Dr. Lori as a partner in this journey.I strongly recommend you read this book, check out Dr. Lori's website and Facebook Group, and learn what works for you. The book really is a fantastic starting point for optimal health. Having just finished reading the book, I am already modifying the things I eat and purchase for the home and while dining out. I am optimistic Dr. Lori's information will yield great results for me and will keep you posted!I wish all of you the best of health and happiness as you continue your journey towards wellness. Buy this book and change your life.

From a leading voice in health, nutrition, and fat-cell research comes a radical and revolutionary approach to losing weight, looking great, and achieving optimum health; simply by restoring your body's fat cells to their natural state.Are you consistently overweight, no matter what you do? Have you tried everything? Are you plagued by stubborn fat hanging around your hips, thighs, and belly? Well, there's a reason for that. All those frustratingly pointless diets and exercise regimes have failed to address the root cause of weight gain.According to Dr. Lori Shemek, a successful diet isn't centered on calories or cardio. She says, "Cutting calories doesn't cut it." Our problems with fat are created because we eat foods that cause the body's natural fat cells to become inflamed. Sadly, the staples of the Standard American Diet; from pasta and bread to factory-farmed chicken and cattle, from sugar and artificial sweeteners to salad dressing and soft drinks; irritate our fat cells, causing chronic inflammation and chronically oversized fat cells. This irritation causes the body to store fat permanently, no matter how hard you exercise or how diligently you cut back on calories.Dr. Shemek calls this serious condition FATflamation, and only when you decrease the inflammation of the fat cells can you achieve the weight loss and optimum health you've been chasing. We need to forget about counting calories, counting points, fad diets, no-fat diets, and spending countless hours at the gym. There is a better and more satisfying way to lose the fat and maintain your desired weight. "If we want to fix our problems with fat," Shemek writes, "we need to reduce the inflammation in our fat cells." In How to Fight FATflamation Shemek reveals her revolutionary three-week program that helps reboot your body chemistry by returning your body's fat cells back to their natural, healthy state. In the process, she explains the critical importance of maintaining balance between good fats (omega-3) and bad fats (omega-6) and how a proper ratio of both will help boost your metabolism; in short, your body will burn fat simply by your eating the right kinds of fat. She also helps you eliminate from your diet the dreaded FATflamation Four; sugar, refined grains, high-fructose corn syrup,

and artificial sweeteners. Here's your chance to shrink your fat cells and get the body you always wanted.

How to Fight FATflammation leverages the newly discovered relationship between gut bacteria and signaling systems in body fat to provide a rock solid program to curtail inflammation and enhance weight loss as well. (David Perlmutter, MD, author of Grain Brain) Inflammation forms the root of nearly every disease and creates weight loss resistance. In her new book, Lori Shemek provides a groundbreaking three-week plan that reduces inflammation to help you gain perfect health and fast, lasting fat loss. (JJ Virgin, author of Sugar Impact Diet) It can't be said any simpler. When we are inflamed we are unwell, overweight and hopeless. Finding our way back to health may be as easy as quashing inflammation. (Tosca Reno, New York Times bestselling author and Founder of the Eat-Clean Diet) From the Back Cover The Secret to Boosting Metabolism, Blasting Cellulite, Achieving Glowing Skin, Burning Fat, and Building the Body You've Always Wanted From Alzheimers to diabetes to coronary artery disease, inflammation plays a pivotal role in all degenerative conditions. How to Fight FATflammation! leverages the newly discovered relationship between gut bacteria and signaling systems in body fat to provide a rock solid program to curtail inflammation and enhance weight loss as well. — David Perlmutter, M.D., author of Grain Brain It can't be said any simpler. When we are inflamed we are unwell, overweight, and hopeless. Finding our way back to health may be as easy as quashing inflammation. — Tosca Reno, author of the Eat-Clean Diet Inflammation forms the root of nearly every disease and creates weight-loss resistance. Lori Shemek provides a groundbreaking three-week plan that reduces inflammation to help you gain perfect health and fast, lasting fat loss. — JJ Virgin, author of JJ Virgin's Sugar Impact Diet About the Author Lori Shemek, Ph.D., is a leading researcher in fat cells and the owner of DLS Healthworks. Her work has been featured in Ladies' Home Journal, Shape, Woman's Day, The Rikki Lake Show, ABC, CNN, NPR, FOX News, and The Huffington Post, which recognized her as one of the nation's top diet and nutrition experts.