

PEAK PERFORMANCE

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**Brian Scott Peskin, Life-Systems Scientist**

# Peak Performance Radiant Health Moving Beyond The Zone

**Rose Army**



## **Peak Performance Radiant Health Moving Beyond The Zone:**

**Beyond the Zone** Brian Peskin, Marcus Conyers, 2000

**Primal Body, Primal Mind** Nora Gedgaudas, 2011-05-27

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind/body wellness. Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function. Shows how our modern diet leads to weight gain and diseases of civilization such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD. Explains how diet affects the brain/hormone balance and the aging process and the crucial role of vitamin D in cancer and disease prevention. Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health, and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle. Nora Gedgaudas shows how our modern grain and carbohydrate-heavy, low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and diseases of civilization such as cancer, osteoporosis, metabolic syndrome, insulin resistance, heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind/body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake critical to our brain and nervous system but sorely lacking in most people's diets, she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables, which natural fats promote health and which such as canola oil harm it. The crucial role of vitamin D in cancer and disease prevention, the importance of saturated fat and cholesterol, and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

**International Encyclopedia of Ergonomics and Human Factors - 3**

**Volume Set** Informa Healthcare, 2000-12-14. The first encyclopaedic source in this interdisciplinary field. This is a unique professional reference available in either three hardback volumes or CDROM.

**Backpacker**, 2007-09. Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature, and product innovation, has become the gold standard against which all other outdoor industry awards are measured.

**The Gas Salesman**, 1922      Journal of Gas Lighting, 1923      **Forthcoming**

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The Infinity Zone Matthew J. Pallamary,2012-10-01 Award winning author Matthew J Pallamary and sports coach Paul Mayberry Deliver Life Transforming Book on The Infinity Zone Phenomenon of Mastering Your Energy to Master Your Life The life transforming revelations of The Infinity Zone have been discovered in nature animals birds insects music physics martial arts astronomy dance fitness physical therapy sports throughout history and in ancient cultures Recently found to improve mental abilities including autism and depression The Infinity Zone principles are all around us and hidden within us because they are the secret architecture for all life the DNA molecule Once you read this book you may never look at the world the same again Based on the proven philosophical studies of Einstein Steiner and other brilliant minds and packed with photos illustrations diagrams formulas and e book active links The Infinity Zone is an easy fun contemporary approach to mastering your mental and physical abilities on all levels In this book you ll learn how to use The Infinity Zone to achieve peak performance with your body mind and spirit Be calmer focused physically more powerful fit balanced confident happier increase your awareness and mental abilities learn to master your life Mayberry says You ll learn how to tap into your hidden energy and power through easy tools and movements that align a grounded center point create balance focus mental clarity coordination as they pull energy from the legs through the core out to the arms delivering maximum power efficiently Pallamary concludes The Infinity Zone supports Einstein s observation that we are all connected through this architecture of a grand physical and energetic design If you master your energy you master your life The Infinity Zone proves that

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