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weight than at any other time in human history Is there a connection In this groundbreaking book Australian sleep expert Dr Carmel Harrington demonstrates the critical link between sleeplessness and obesity Drawing from the latest sleep and nutrition research Dr Harrington reveals the science behind what happens to our bodies when we don't get enough sleep and how this critically affects our appetite controlling hormones our metabolism and how we think and feel She explains why proper sleep is the missing link in the ongoing and often agonising attempts to lose weight Dr Harrington shows how to develop habits that deliver high quality restorative sleep She provides a plan for healthy eating and a guide to making sure our improved eating and sleeping habits lead to lasting weight loss Accessible and authoritative The Sleep Diet is both a scientifically proven approach and a practical guide to losing weight and improving overall health and wellbeing

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Thickening Fat May Friedman, Carla Rice, Jen Rinaldi, 2019-08-30 Thickening Fat Fat Bodies Intersectionality and Social Justice seeks to explore the multiple variable and embodied experiences of fat oppression and fat activism's Moving beyond an analysis of fat oppression as singular this book will aim to unpack the volatility of fat the mutability of fat embodiments as they correlate with other embodied subjectivities and the threshold where fat begins to be reviled celebrated or amended In addition Thickening Fat explores the full range of intersectional and liminal analyses that push beyond the simple addition of two or more subjectivities looking instead at the complex alchemy of layered and unstable markers of difference and privilege Cognizant that the concept of intersectionality has been filled out in a plurality of ways Thickening Fat poses critical questions around how to render analysis of fatness intersectional and to thicken up intersectionality where intersectionality is attenuated to the shifting and composite and material dimensions to identity rather than reduced to an add difference and stir approach The chapters in this collection ask what happens when we operationalize intersectionality in fat scholarship and politics and we position difference at the centre and start of inquiry

The Evolution Diet J. S. B. Morse, 2008-02 **The Doctor on Demand Diet** Melina Jampolis, M.D., 2015-11-10 A companion to the highly popular Doctor On Demand telemedicine app The Doctor On Demand Diet provides a customized

eating exercise and behavioral plan that optimizes your chances of success without forcing you to eliminate any major food groups The Doctor On Demand Diet begins with the 10 day CleanStart phase designed to control hunger without compromising nutrition by focusing on higher protein foods and reducing fat and carbs especially sugar dry carbs and bread Next the 10 day Customize Your Carbs phase personalizes your eating plan to match your own individual metabolic profile Then the Cycle for Success phase creates a more flexible plan that provides continued weight loss while preventing frustrating weight loss plateaus Along the way practical advice real life patient stories and targeted findings from the latest scientific studies show how basic lifestyle changes can boost your health while you slim down A simple exercise quiz pinpoints your exercise personality and gives customized practical and fun exercise suggestions Mental health self checks help you gauge whether emotional roadblocks stand between you and your goals and delicious chef designed recipes and meal templates make it a snap to prepare healthy tasty meals With a program that fits perfectly into your life The Doctor On Demand Diet provides a clear customizable roadmap that can help you lose weight and keep it off for good

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Weight Loss Sleep Hypnosis Jennifer Williams, 2020-11-11 **Know Your Options**, 2005

Decoding **Lose Weight Sleep**: Revealing the Captivating Potential of Verbal Expression

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