

RECIPES TO LOWER YOUR FAT THERMOSTAT

RECIPES TO LOWER YOUR FAT THERMOSTAT

WRITTEN AND ILLUSTRATED BY LA RENE GAUNT
Special Dietetic Advice by
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Recipes To Lower Your Fat Thermostat

AN Whitehead



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Recipes to Lower Your Fat Thermostat, 1992 Over 400 delicious recipes will help readers lose weight feel better and improve their health This book shows how to lower the body's interior weight regulating thermostat for permanent comfortable and healthy weight loss Gaunt tells how to convert recipes to fat thermostat lowering recipes offers suggestions for hearty brown bag lunches includes lists of foods to emphasize and foods to avoid and more 16 color photographs 300 line drawings Charts Desserts to Lower Your Fat Thermostat Barbara W. Higa, 1988

How to Lower Your Fat Thermostat Dennis W. Remington, A. Garth Fisher, Edward A. Parent, 1983 Abstract A comprehensive weight management program is the result of efforts of a physician physiologist and a psychologist to develop treatment principles to lower the setpoint so that the body can allow excess fat to be lost naturally and permanently Specific coverage includes 1 increasing resting metabolic rate and fat burning enzymes 2 overall feeling of well being 3 duration and frequency of exercise 4 decreasing fat consumption and calorie containing fluids 5 reducing refined carbohydrates and increasing complex carbohydrates 6 drinking water 7 tracking progress e.g. scoring system eating behavior and progress summary 8 predicting body fat for women and men and 9 computing lean body mass and a realistic weight goal An extensive bibliography is included with books and articles about regulation of body weight eating appetite and satiety and energy balance metabolic factors obesity and exercise and diet and psychological factors

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Fit-or-Fat Target Recipes Covert Bailey, 1989-04-27 Describes how to adjust to a low fat high fiber diet by modifying favorite recipes instead of replacing them

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