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**By the Editors of
Prevention Health Books**

Outsmart High Cholesterol

Kenneth S. Kosik



Outsmart High Cholesterol:

Outsmart High Cholesterol Prevention Health Books, 2003-03-14 From the editors of Prevention Health Books comes this personal tool for achieving heart healthy cholesterol levels without high tech interventions or expensive prescription medications Includes information on power foods exercises and a menu planner Original *Outsmart High Blood Pressure* Prevention Health Books, 2003-09-15 These expert endorsed solutions to high blood pressure include a seven day meal plan tips on remembering medications how to handle complications and much more Original *Outsmart Diabetes 1-2-3* Editors Of Prevention Magazine, 2009-07-21 For the more than 21 million Americans who currently suffer from diabetes there simply is no other reference that can match the breadth and depth of expertise found here To prepare this book the editors of Prevention interviewed dozens of endocrinologists nutritionists exercise physiologists and other health professionals who specialize in diabetes care Tapping into the wisdom and advice of this dream team of diabetes professionals they have put together an integrated plan of attack to fight the disease on every front Unlike the vast majority of books on diabetes that zero in on a single component *Outsmart Diabetes 1 2 3* recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account The latest research shows that with a combination of targeted treatment strategies and sensible lifestyle changes it is possible to slow if not stop diabetes related decline *Outsmart Diabetes 1 2 3* distills the latest cutting edge information on every aspect of diabetes management into a comprehensive three step program with each step targeting a key component of optimal diabetes control Step 1 Treat and prevent diabetes complications Step 2 Change the lifestyle factors that can compromise blood sugar balance Step 3 Build a self care regimen to safeguard against the disease s long term effects With *Outsmart Diabetes 1 2 3* readers have the knowledge and tools they need to get ahead of diabetes and stay there for good **Outsmart Diabetes** Prevention Health Books, 2003 **Outsmart Your Genes** Brandon Colby MD, 2010-04-06 Predictive medicine is the most exciting and potentially groundbreaking medical development in decades Written by Brandon Colby MD a leader in the fields of predictive medicine and genetic testing *Outsmart Your Genes* will empower you the reader with a clear understanding of exactly what predictive medicine entails and how it can be used today to protect your health as well as the health of those you love Written in straightforward nontechnical language *Outsmart Your Genes* enables everyone even those without any background in genetics or medicine to understand the benefits of predictive medicine Separating myth from fact and answering all the tough questions *Outsmart Your Genes* clearly explains How the revolutionary new medical specialty called predictive medicine analyzes your genes and provides you with clear solutions to protect your health and wellbeing What the process will entail and how simple it is For example the process doesn t even require blood or use needles instead all that s needed in order to run the analysis is a small amount of your saliva What your genes can reveal about your overall health and how we can use that information to provide you with a genetically tailored plan for preventing cancer Alzheimer s heart disease

obesity and many other conditions As opposed to just generalities specific examples are given so that you ll know exactly how medicine will improve your life The many ways in which learning about your genes can help you formulate a genetically tailored nutrition and athletic plan that may help you shed those extra pounds and stay trim and fit How predictive medicine can help both prospective and current parents protect their children against SIDS and also help minimize the impact of and most effectively treat many other childhood diseases such as autism asthma dyslexia obesity and diabetes Why analyzing your children s genes may provide the best chance they have to fight against diseases that may not affect them until later in life including Alzheimer s many forms of cancer such as breast cancer and skin cancer multiple sclerosis and even hearing loss How groundbreaking advancements in the fields of genetic analysis including predictive medicine panels and disease matrix technology allow you and your physician to avoid information overload and focus only on the information most relevant to you The important concepts you need to understand before speaking with a doctor The top five questions you need to ask in order to assess The credibility of the laboratory doing the testing The types of diseases included in the test How thoroughly the test actually evaluates your risk for each of the diseases Whether the information is provided in a way that makes it actionable Whether the results will be delivered in a format that is straightforward and easy to understand

Crack the Fat-Loss Code: Outsmart Your Metabolism and Conquer the Diet Plateau Wendy Chant,2008-02-25 The New York Times Bestseller LOSE UP TO 25 POUNDS IN 8 WEEKS AND KEEP IT OFF The human body evolved to resist starvation by holding on to fat No wonder it s so difficult to lose weight Now a revolutionary lifestyle plan finally cracks the code for efficient fat loss Developed by leading nutrition specialist Wendy Chant the plan is scientifically designed to help you outsmart your body s natural cycles for storing and burning calories Crack the Fat Loss Code teaches you how to boost your metabolism through macro patterning a simple routine of alternating carb up carb down and baseline days There are even built in cheat days so you can enjoy the foods you love Once you get your eating habits on schedule you ll find that you can lose weight for good In just eight short weeks you ll be able to REPROGRAM YOUR BODY to burn the fat and keep it off FEEL HEALTHY NOT HUNGRY with limitless food options CONQUER THAT DIET PLATEAU once and for all Crack the Fat Loss Code brings you the most sensible solution to permanent weight management I have seen Frederick C Hatfield Ph D bestselling author of Bodybuilding A Scientific Approach Hardcore Bodybuilding and Ultimate Sports Nutrition

Outsmarting Alzheimer's Kenneth S. Kosik,2015-12-29 Understand the six keys to protecting brain health personalize your 3 week plan based on the latest science make fun and easy lifestyle changes **Outsmart Arthritis** Prevention Health Books,2003-06-16 This guide from Prevention Health Books can help readers with arthritis create a comprehensive self care program for maintaining joint health and a vital active lifestyle Includes information on medications mind body techniques an anti arthritis exercise plan and more Original **Fat Is Not Your Fate** Susan Mitchell,Catherine Christie,2005-01-04 What Type Are You Do you crave foods such as chocolate and feel you can t stop eating them Phenotype A Addictive Does high

blood pressure run in your family Phenotype B Blood pressure Do you have a strong family history of heart disease Phenotype C Cardiovascular Do you have an apple instead of a pear shaped body Phenotype D Diabetic Do you find that food calms you down Phenotype E Emotional Do you suffer monthly from PMS bloat have leftover pregnancy pounds or a menopause tummy Phenotype H Hormonal Take the phenotype quiz and learn how to manage your weight based on your individual type Your Personal Blueprint For Permanent Weight Loss Have you tried diet after diet only to lose weight and then gain it right back It is easy to blame yourself for this yo yo dieting but the truth is that no diet works the same way for everyone Scientists have now discovered that your genes may be making you fat What you really need to battle the bulge is an eating plan specifically tailored to the needs of your genetic blueprint Dr Susan Mitchell and Dr Catherine Christie using cutting edge genetic research have created diet plans that have helped scores of clients lose weight and keep it off In *Fat Is Not Your Fate* they give you the tools you need to outsmart your own genes An in depth questionnaire will help you identify which of the six gene based phenotypes best applies to you A Addictive B Blood pressure C Cardiovascular D Diabetic E Emotional H Hormonal From there you will be able to follow your own personal nutrition plan designed to satisfy your physical and emotional needs The program can be put to work immediately and includes Menu plans for when you have a lot of time and when you don't Your optimum caloric intake Your optimum fat protein carb balance Which supplements to take for best results Your plan will also detail when you should eat which food combinations work best how to avoid dieting pitfalls and handle relapses how to manage environmental triggers and the most effective ways to exercise Having put this diet to work with scores of clients whose testimonials appear throughout the book Drs Mitchell and Christie have refined a scientifically based plan that really achieves weight loss This diet will not only get the weight off but will also improve your health lower your risk of disease and help you feel great *Fat Is Not Your Fate* is the only book tailored to your genes and the last diet book you will ever need

Prevention's Outsmart High Cholesterol ,2003 *American Book Publishing Record* ,2004 **Blindspot** Mahzarin R. Banaji,Anthony G. Greenwald,2016-08-16 Accessible and authoritative While we may not have much power to eradicate our own prejudices we can counteract them The first step is to turn a hidden bias into a visible one What if we're not the magnanimous people we think we are The Washington Post I know my own mind I am able to assess others in a fair and accurate way These self perceptions are challenged by leading psychologists Mahzarin R Banaji and Anthony G Greenwald as they explore the hidden biases we all carry from a lifetime of exposure to cultural attitudes about age gender race ethnicity religion social class sexuality disability status and nationality *Blindspot* is the authors metaphor for the portion of the mind that houses hidden biases Writing with simplicity and verve Banaji and Greenwald question the extent to which our perceptions of social groups without our awareness or conscious control shape our likes and dislikes and our judgments about people's character abilities and potential In *Blindspot* the authors reveal hidden biases based on their experience with the Implicit Association Test a method that has revolutionized the way scientists learn about the human mind and that gives

us a glimpse into what lies within the metaphoric blindspot The title s good people are those of us who strive to align our behavior with our intentions The aim of Blindspot is to explain the science in plain enough language to help well intentioned people achieve that alignment By gaining awareness we can adapt beliefs and behavior and outsmart the machine in our heads so we can be fairer to those around us Venturing into this book is an invitation to understand our own minds Brilliant authoritative and utterly accessible Blindspot is a book that will challenge and change readers for years to come Praise for Blindspot Conversational easy to read and best of all it has the potential at least to change the way you think about yourself Leonard Mlodinow The New York Review of Books Banaji and Greenwald deserve a major award for writing such a lively and engaging book that conveys an important message Mental processes that we are not aware of can affect what we think and what we do Blindspot is one of the most illuminating books ever written on this topic Elizabeth F Loftus Ph D distinguished professor University of California Irvine past president Association for Psychological Science author of Eyewitness Testimony

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