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FEEL GREAT**



Look Good Feel Great Transform Your Body In 10 Easy Steps

Gerard E. Mullin



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Transform Your Life: 10 Steps to Real Results Carole Gaskell, 2016-03-17 An inspirational step by step guide to Taking Charge of Your Life and Unlocking Your Full Potential Due to the level of detail quizzes and illustrations are best viewed on a tablet

The Gut Balance Revolution Gerard E. Mullin, 2017-07-03 Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism appetite regulation energy expenditure and endocrine regulation Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less In The Gut Balance Revolution Dr Gerard Mullin the foremost authority on digestive health and nutritional medicine explains how to prevent leaky gut inflammation and insulin resistance which are major contributors to obesity This book will teach you how to rebalance the gut microbiome using a simple three step method Reboot Weed out fat forming bad bacteria by eliminating foods that make them grow and promote inflammation insulin and fat accumulation and reignite fat burning metabolism with exercise and dietary supplements Rebalance Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology reduce stress and reinstitute a healthy lifestyle including sleep hygiene Renew Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods The book features step by step meal plans shopping lists restaurant guides recipes recommendations on dietary supplements and exercises for each phase so you can easily reboot rebalance and renew your health

Prime Bob Paris, 2002-01-08 One of the most celebrated fitness experts in the world Bob Paris has a new life changing message for the millions of men over 40 who want to get in shape It isn't too late No intimidation no goals too far to reach no unreasonable demands this book is so simple and so effective it's revolutionary Paris's step by step day by day self improvement regimens get results that men can see and feel in a relatively short time How By discovering Inventive new workouts and practical nutrition The right supplements vitamins and minerals Body skin and hair care Fat busters that work and diet fads that don't Individualized performance plans Personal motivation exercises Five simple secrets to self improvement Powerflex and Muscle Blast Bob Paris's personal and unique programs that combine elements of yoga weight training isometrics plus dynamic new techniques for stimulating natural hormones

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