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Flip the Switch, Lose the Weight Robert K. Cooper, Leslie L. Cooper, 2007-03-06 Discover how easy it can be to drop those unwanted pounds by flipping the switch that revs up metabolism to maximize fat burning all day long Could losing weight really be as simple as flipping a switch Absolutely says Dr Robert Cooper one of America's leading weight loss researchers The trouble with most popular diet and exercise programs is that they boot up the metabolic thermostat or Meta Stat an area in the brain that regulates metabolism for only short spurts The rest of the time the body is in fat storing mode But if our Meta Stat stays on 24 hours a day we burn fat constantly and build energy as well In Flip the Switch Lose the Weight Dr Cooper reveals scientifically proven strategies that enable us to turn on our Meta Stat and maintain optimum metabolism all day long This groundbreaking book provides an easy 20 minute exercise plan that gently works the body differently on successive days for maximum fat burning energy generating effect allows you to customize your weight loss program based on your goals and lifestyle preferences provides an exclusive Success Map for you to chart your progress includes complete meal plans and more than 100 recipes all designed to fuel the Meta Stat for maximum fat burning The Prisoners' Handbook 1995 Mark Leech, 1995 There has long been a great need for a book which takes a careful and informative look at prisons in England and Wales But problems of access have inhibited all but the most persistent writers until now Mark Leech a prisoner and acclaimed writer has compiled a comprehensive guide toprisons in England and Wales which will be invaluable to anyone concerned with prisons particularly prisoners and their families As well as providing a core prison by prison quide compiled using reports from H M Inspector of Prisons and questionnaires completed by both prisoners and staff the book also offers advice on useful organizations legal rights disciplinary matters health finance race discrimination how

tostart your sentence complaints and requests discharge grants release women prisoners and young offenders *A Clinical Guide for Management of Overweight and Obese Children and Adults* Caroline M. Apovian, Carine M. Lenders, 2006-12-15 While unhealthy diet and sedentary behaviors are second only to smoking as the leading preventable cause of death in the U S less than 45 percent of adult and pediatric obese patients received any prior advice from a physician to lose weight The low rate of identification and treatment of obesity by physicians can often be attributed to lack of Michigan Manual, 1995-1996 Michigan. Legislative Council, 1995-12 Monthly Catalog of United States Government Publications ,1995

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