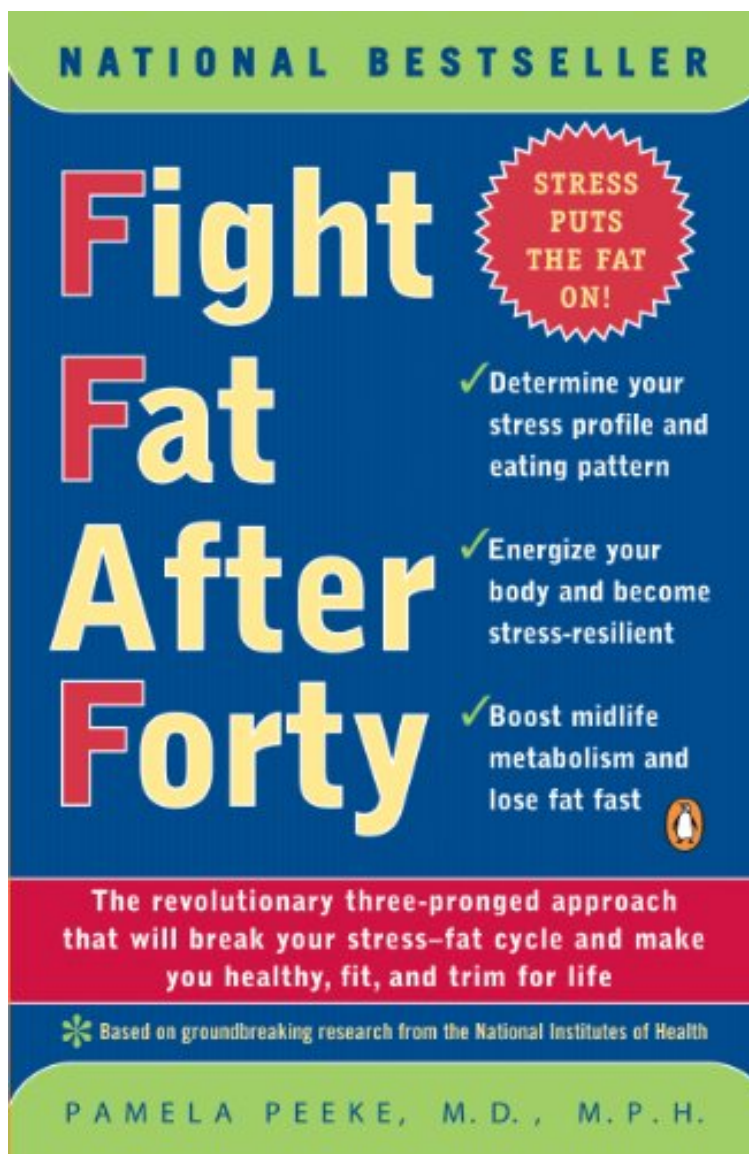


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Fight Fat After Forty



Par Pamela Peeke

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Description : Description du produitIt's a fact: stress makes you fat. Renowned clinician and scientist Dr. Pamela Peeke goes beyond diet and exercise with a lifestyle program that shows women how to stop being diet "POWs" ("Prisoners Of Weight") or victims of "Toxic Stress" and how to evolve into physically and mentally stress-resilient individuals. Peeke helps women identify their stress-eating profiles (Are you a stress-overeater? A stress-under eater?) and explains that to remove weight, you have to lift weight. She explains what to eat and, equally as important, when to eat by navigating the afternoon "CortiZone," the hours of highest vulnerability to stress eating. Learn how to put it all together through the fine art of regrouping. Women can tailor this accessible program to their individual needs using Peeke's three behavior templates: Stress-resilient nutrition Stress-resilient physical activity Stress-resilient regroupingDr. Peeke's program is a must for women who want to break the stress-fat cycle that has thickened their after-forty

waistlines.

Présentation de l'auteurIt's a fact: stress makes you fat. Renowned clinician and scientist Dr. Pamela Peeke goes beyond diet and exercise with a lifestyle program that shows women how to stop being diet "POWs" ("Prisoners Of Weight") or victims of "Toxic Stress" and how to evolve into physically and mentally stress-resilient individuals. Peeke helps women identify their stress-eating profiles (Are you a stress-overeater? A stress-under-eater?) and explains that to remove weight, you have to lift weight. She explains what to eat and, equally as important, when to eat by navigating the afternoon "CortiZone," the hours of highest vulnerability to stress eating. Learn how to put it all together through the fine art of regrouping. Women can tailor this accessible program to their individual needs using Peeke's three behavior templates: * Stress-resilient nutrition * Stress-resilient physical activity * Stress-resilient regrouping Dr. Peeke's program is a must for women who want to break the stress-fat cycle that has thickened their after-forty waistlines. .com If you're a woman over 40, you are undergoing physical and emotional changes, declining metabolism, fat deposits at your waistline, decreased energy, mood swings, food cravings--do we need to continue this list? Now pile on chronic, long-term stress (which the author terms toxic stress), which hits women between 40 and 60 and leads to self-destructive eating behavior. "Uncontrolled or toxic stress keeps the refueling appetite on, thus inducing stress eating and weight gain," Peeke explains. The stress triggers are constant, so the body never gets to turn off the stress response. The weight gained from this chronic, toxic stress--toxic weight--settles inside the abdomen and is associated with heart disease, diabetes, and cancer. Peeke explains the association between stress and fat gain, and describes the stress/eating cycle ("the itch you can't scratch"). Then she teaches tools for "regrouping": formulating and following a contingency plan of nutrition, exercise, and self-care. Next are suggestions for a nutritional plan tied to stressful times of the day and an explanation of food needs after age 40. In the final chapters, Peeke nudges us to exercise to relieve stress, reduce body fat, and benefit overall health. Peeke is a highly regarded scientist and clinician who studies the link between stress and fat at the National Institutes of Health. She's also Assistant Clinical Professor of Medicine at the University of Maryland School of Medicine and works with Vice President Gore as the Medical Director of the National Race for the Cure for Breast Cancer. --Joan Price From Library Journal Nutritional expert Peeke, who has just completed three years at the National Institutes of Health studying the relationship between stress and fat, here reveals what she found. Expect tons of publicity on this one. Copyright 1999 Reed Business Information, Inc.