
The Bulletproof Diet

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Complete BULLETPROOF DIET And BULLETPROOF COFFEE For Dummies

HarperCollins

Are you looking for a new, easy way to lose weight? Have you wondered why some people could lose weight so easily with so much energy and yet stay happy with their food choices? If these are your questions, this book might be the right one for you. The Bulletproof Diet encourages you to find and avoid food sensitivities. It helps you avoid toxins that keep you from being the real you. The Bulletproof Diet uncovers to you what to eat, how much to eat, how to cook it and when to eat. The diet is founded on tons of organic vegetables, a moderate amount of good protein, and large amounts of healthy fats to be eaten at just the right time that will create incredible levels of weight loss and energy. This book will

guide you everything you need to know about the bulletproof diet with several amazing recipes found within. You will learn: What the bulletproof diet is How the bulletproof diet works The types of food you should and shouldn't eat How to keep a bulletproof diet successful A guide on meal planning Breakfast recipes Lunch recipes Dinner recipes Dessert recipes Smoothie recipes And much, much more This diet may look like the caveman, primal, or paleo diets because of what our ancestors might have eaten. There are similarities but this diet's nutritional approach is a little bit different from the paleo-style diets. This diet came from researching human performance and biochemistry. It doesn't ignore supplements because the cavemen didn't. It also doesn't uphold the foods our ancestors ate. The Bulletproof Diet fixes

the problems that come up from eating the paleo diet for a long time. The diet lets you lose weight with no hunger and no cravings. You will be able to have your brain at full power every day all day long. You will have willpower and energy beyond your wildest dreams. This book will help you get started with your new diet plan, and you will learn all the important things that you need to be successful. Why go on a restrictive diet that makes you follow a certain meal plan day after day? Why go through the misery to count calories or numbers at every meal? Restrictive plans don't work, and only ends up making you want to eat things you have been told not to eat. This diet works for anybody. Try the bulletproof diet today, and put an end to the mindless dieting plans that you have been following. Wait no further and click

to purchase this book to get started!
The 2 Week Bulletproof Diet Protocol and Recipes That Will Help You to Shed Fat and Rock a New Smoking Body in No Time
Createspace Independent Publishing Platform
America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals
Everything Danica Patrick does is Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-

inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's Pretty Intense plan will help you reach your highest potential.

Summary of Dave Asprey's The Bulletproof Diet by Milkyway Media Victory Belt

Publishing

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous

system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

How to Have a Healthier, Smarter, Happier Baby Independently Published

The king of diets, the bulletproof diet will ensure that you lose weight, feel better, look better, have more energy, gain a boosted sex drive and also prevent disease by boosting your immune system in a healthy and delicious way! In just 21 days you will experience rapid fat loss and by following the bulletproof cookbook you'll be able to lose a pound a day without suffering from cravings!

You will learn: - Common Questions About the Bulletproof Diet - What Happens to Your Body While on a Bulletproof Diet - Getting Started: Set

Yourself Up For Success - Intermittent Fasting and TBD - Overcoming Challenges - Food Quality and TBD - The Bulletproof Pantry - The Bulletproof Cookbook - Bulletproof Cooking - Meal Planning - Bulletproof Recipes - Eating Out Successfully - Staying Motivated - Healthy eating - Lose fat - Weight loss plan What are you waiting for? Take the first step to improving your life now!

[What Leaders, Innovators, and Mavericks Do to Win at Life](#) BenBella Books

More Butter, Less Exercise, Better Sleep for the Body and Brain You Deserve In his mid-twenties, Dave Asprey was a successful Silicon Valley multi-millionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a

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Keto Diet Rodale Books

Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

Primal Body, Primal Mind Createspace

Independent Publishing Platform

From the creator of Bulletproof Coffee and

author of the bestselling *The Bulletproof Diet* comes a revolutionary plan to upgrade your brainpower—in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better—a process known as “biohacking.” In his first book, *The Bulletproof Diet*, he shared his biohacking tips for taking control of your own biology. Now, in *Head Strong*, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able—possibly for the first time in your life—to do more in less time? What it suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your

intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In *Head Strong*, Asprey shows us that all of this is possible—and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of "kryptonite," both nutritional and environmental, that make the brain slower. Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus. Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years. Promote neuron growth to enhance processing speed and reinforce new learning—hotwiring your brain for success. Asprey's easy to follow, two-week program offers a detailed plan to supercharge brain performance, including: which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body; meditation and breathing for performance, recommended brain-boosting supplements; and how to adjust the lighting in your home and work space to give your brain the quality light it

thrives on. A better brain—and a happier, easier, more productive life—is within reach. You just need to get Head Strong.

Head Strong Createspace Independent Publishing Platform

The Bulletproof Diet Kitchen In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and fifteen years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain

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forties. The Bulletproof Diet is your blueprint to a better life.

2 Week Bulletproof Diet Collins

The Ultimate Cookbook for the Bulletproof Diet If, despite your best efforts, you find that you simply can't lose weight and keep it off, then you may have simply not found the right diet. If you are looking for a way to lose weight while improving your mental acuity and overall energy level then The Bulletproof Diet: The Complete Cookbook - Quick and Easy Recipes for Rapid Fat Loss and Unstoppable Energy is the book that you have been waiting for. The bulletproof diet has been designed to work for anyone who has a lot of stress, wants to keep their mind sharp and wants to shed some of the extra weight that they carry around thanks to the stress that they have in their everyday lives. Unlike many of the other diets that are on the market, the bulletproof diet focuses not only on helping people to lose weight but also on helping them sharpen their mind and giving them energy

beyond bounds. The bulletproof diet has been designed to make you feel - and live - like you are bulletproof. The way that the bulletproof diet works is by allowing the fat to work as micelles to help absorb the nutrients. By consuming the fat that you would normally consume but in a different way, you are going to help the fuel for your body last for a longer time and make you feel fuller, more satisfied and more energetic throughout the day. So, what are you waiting for? Get ready to start looking and feeling better than you ever thought possible, buy this book today! Inside you will find The world famous bulletproof coffee recipe that is sure to kick your fat loss into high gear Ways to turn other caffeinated beverages bulletproof with little to no effort Delicious and nutritious recipes as well as the correct order to eat them in for the best weight loss results Breakfast, lunch, dinner, dessert and snack recipes, more than a dozen of each And more...
Bulletproof Diet for Beginners: The Essential Care Guide on Everything You Need to Know

about Bulletproof Diet Createspace Independent Publishing Platform

Do you want more free books like this?

Download our app for free at

<https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The Bulletproof Diet provides an engaging step-by-step guide to unlocking your body ' s maximum potential through the cultivation of a new diet plan that will supercharge your weight-loss efforts in addition to providing you with better sleep, exercise, and emotional health. If you ' ve ever wanted to unlock the potential of your mind and body, this is the diet for you! Dave Asprey ' s groundbreaking formula, The Bulletproof Diet, will show you how to maximize your body ' s potential through a few simple life-changing steps, including putting butter in your coffee,

and revitalizing your exercise routine through short, high-intensity workouts.

A Beginner's Guide to the Bulletproof Diet: Recipes to Help You Lose Up to 11lbs Every Day, Regain Energy and Live a Healthy Lifestyle. Simon and Schuster Lose the Weight and Love Your New, Healthy Body! Click the Read More button to learn about the power of this Bulletproof Diet series! Bulletproof Diet Guide: Inside Bulletproof Diet Guide, you'll discover the quick, simple, and easy steps anyone can take to see dramatic positive results. This book gives you Dave Asprey's health wisdom - acquired over many years and almost a third of a million dollars in research. If you're ready to get real about

weight loss, this is the book for you! Learn the simple science of the Bulletproof lifestyle: Consuming Bulletproof Foods Managing Suspect Foods Avoiding Kryptonite Foods Eating Healthy Fats Drinking Bulletproof Coffee Consuming Carbs in Moderation You'll learn to achieve a metabolic state of ketosis and burn fat quickly with these easy recipes - even without exercise! Bulletproof Diet Cookbook: In this book, you are going to discover some helpful tips that will assist you in sticking to the bulletproof diet so that you do not feel as if you are falling off the wagon. Remember, it is never easy to start a new diet, and the bulletproof diet is not any different. Therefore, with this book, you are going to be able to get started right away! Here is a short list about this book and what you will learn and find: What is the Bulletproof Diet? Steps to Helping You Follow the Bulletproof Diet Intermittent Fasting on the Bulletproof Diet and How it Affects Your Health Slow Cooker Bulletproof Breakfast Recipes Slow Cooker Bulletproof Lunch Recipes Slow Cooker Bulletproof Dinner Recipes Slow Cooker Snack Recipes Slow Cooker Appetizers Slow Cooker Soups and so much more... Bulletproof Diet Recipes: Have you ever eaten a certain food, and then either felt ill or just not like yourself? Well, chances are you have a sensitivity to that particular food. With this Bulletproof Diet recipes, you will learn what your food sensitivities are and how you can avoid them. Not only will you learn about your sensitivities to foods, the

Bulletproof Diet will help you learn what foods to eat, what foods to limit in your diet, and what foods to cut out all together. Here is a short list about this book and what you will learn and find: What the Bulletproof Diet is How the Bulletproof Diet works Foods to eat, limit and avoid in your daily diet Helpful tips on how to get started Here are just a few of the many recipes within the pages of this book: Hearty breakfast recipes like Berry Coconut Smoothies, Pumpkin Spice Pancakes, and Smoked Salmon Scramble Filling lunch recipes such as Cilantro - Lime Cauliflower Rice, Egg Roll Bowls, and Herb Crusted Pork Chops with Dandelion Greens Divine dinner recipes like Rosemary Chicken Thighs, Roasted Lamb Rack with, Celery, Cauliflower and Fennel,

and Pulled Pork with Brussels sprouts Delectable desserts such as Lemon Bars, Key Lime Pie, and Chocolate Truffle Pudding And tasty snacks like Avocado Bacon Bites, Rosemary Almonds, and Zucchini Chips Don't spend another minute looking in the mirror at the same old flabby body. Realize your health and fitness dreams TODAY. Read Bulletproof Diet Series! and take positive action toward a better you! It's quick and easy to order - simply scroll up the right side of your screen and click the BUY NOW WITH ONE CLICK button. The Bulletproof Diet The Bulletproof Diet Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life This prenatal guide offers nutrition and environmental advice to reduce toxins in

the body and in the home to have a healthier, more intelligent and happier baby that will be less susceptible to allergies, asthma and other issues. Original. The Whole Foods Diet Createspace Independent Publishing Platform

Life is fast, and we live in a stressful world. Most people worry that they could look and feel better, and that they 're not performing well enough. The Bulletproof Diet isn ' t just about losing weight and feeling great, fast--it is about bulletproofing your body and your mind from the inflammation and guilt that often comes with high expectations, high performance and high stress. In fact, it shows readers how to manipulate their demanding lifestyles to optimize their health, their performance

and their joy. The Bulletproof Diet is a simple roadmap that sets up busy readers for real-world success.

Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life HarperCollins

Break the rules, not the fast with world-renowned biohacker and New York Times bestselling author Dave Asprey. For more than a decade, the Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave ' s followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you ' re a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In Fast This

Way, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? *Fast This Way* is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

[A Science-Based Plan to Lose Weight, Revitalize Your Skin, and Invigorate Your Life](#)
Createspace Independent Publishing Platform

In *The Bulletproof Diet*, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. Asprey urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, he promises, you'll gain energy, build lean muscle, and watch the pounds melt off--just as he and so many of his devoted followers already have. *Bulletproof: The Cookbook* picks up where the diet plan leaves off, arming you with 125 recipes to stay bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Asprey packs the book with the other delicious, filling meals he uses to maintain his weight loss and sustain his vibrant health.

Pretty Intense Random House Incorporated (sharper, happier, calmer) eating the high fat diet that Dave recommends in his book. I "Ask yourself the number of times you started out on a new diet with the greatest of intentions of getting healthier and losing weight only for everything to fall apart faster than you can say." This BULLETPROOF DIET SMOOTHIE picks up where the diet plan leaves off, arming you with 60 (#ALL RECOMMENDED IN THE BULLETPROOF DIET SPECTRUM), clearly explained and easy to follow, to help you stay bulletproof for life and never get bored. This book is a great sit-down read, as well as a beginner's guide to the bulletproof diet. This book contains other "hacks" as described in the Bulletproof Diet, which will make you feel really transform. I personally assure you that you will feel your best

have recommended this type of diet to my clients and many have testified that the feel calmer, happier and have lost weight, without feeling hungry or unsatisfied.SO WHAT ARE YOU WAITING FOR? GET YOURSELF BULLETPROOFED AND LIVE A HEALTHIER LIFESTYLE!..... .Scroll up now and get your BULLETPROOF DIET SMOOTHIE, and make absolute sure you keep to the plan to achieve result. Proven Steps and Strategies to Lose Weight by Following the Bulletproof Diet HarperCollins In this book, you learn to 1. lose 4-10 pounds immediately within days and weeks 2. fight hunger 3. truly understand yoyo 4. train your body to be under your control 5. maintain a healthy lifestyle

Do you want to lose weight fast? But are you worried about maintaining your diet? Here is a breakthrough diet that truly works and that you can maintain for the rest of your life! I lost 10 pounds in four weeks (Phase 1) and 20 pounds in 8 weeks (Phase 2). I have lost over six inches on my waist. Am I maintaining my weight? Absolutely yes. Am I suffering from the yoyo? Not at all. Am I healthy? Yes because I feel it, the numbers show it, and the doctors tell me so. I know how to fight hunger and I do it well. This alone takes away a lot of the stress that I used to have. I no longer think about food much or spend much time on food shopping. Now I have more time to spend on work, family, and on self-development. This is why it is a breakthrough diet with health, energy, and focus. Seriously, it is a fast bulletproof diet. Today, I am healthy, young, and happy, and so should you. Written by Ben Frank, Ph.D. The best-selling author of the book, "Positive Thinking Power: How to live a stress free life with confidence, happiness, and Joy" (Five

Simple Steps to Positive Lifestyle)

Eat Fats, Lose Fats Independently Published
Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In Eat Smarter, nutritionist,

bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. *Eat Smarter* will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself. *Balance Your Digestive System for Permanent Weight Loss* Penguin
A scientist reveals the groundbreaking evidence

linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get*

Sick, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.

The Bulletproof Diet Hyperink Inc
Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness

- Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase

energy and immunity, and enhance memory and brain function

- Shows how our modern diet leads to weight gain and “diseases of civilization” --such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD
- Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention

Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization” --such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness.

Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people ' s diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to

reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.