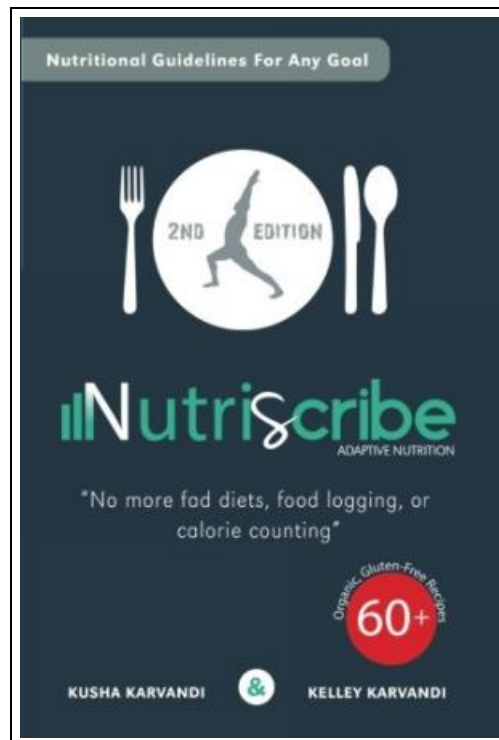


## Nutriscribe: Adaptive Nutrition: No More Fad Diets, Food Logging or Calorie Counting



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you tired of yo-yo dieting? Ready to get off the rollercoaster of fad dieting? We know you've heard it all before. Eat right and exercise. Burn more calories than you consume. Chocolate cake can still be your friend. But if it was so simple, we'd be able to achieve this, right? Wrong. You've chosen the right book to not only provide mouth-watering recipes and simple meal programs to follow, but also explain exactly how your body works to digest food. Good news! Eating fat doesn't make you fat. Say what? Nope. Because there are good fats and bad fats. It's all explained simply and clearly. Eating the good fats will ensure that you retain essential vitamins and minerals in your body, improve your blood sugar stability, reduce your cravings (which in turn will stop you binge eating), and optimize your hormone levels. This, in turn, will help you steer clear of diseases caused by hormonal imbalances. So throw away your food journals NOW and learn to eat fats properly. So who are Kusha and Kelley Karvandi and why should I listen to them anyway? The creators of Exerscribe, a system designed to help you work out properly, together with Nutriscribe, this married couple combines Kusha's work as a professional trainer and health club manager. His passion for helping people expand their knowledge of fitness, nutrition and healthy living is matched by living his life by these philosophies, while wife Kelley brings you over 60 delicious, healthy recipes, (including mouth watering photos), in this book! So what are you waiting for? Learn how to live a healthier, happier lifestyle by learning not...



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