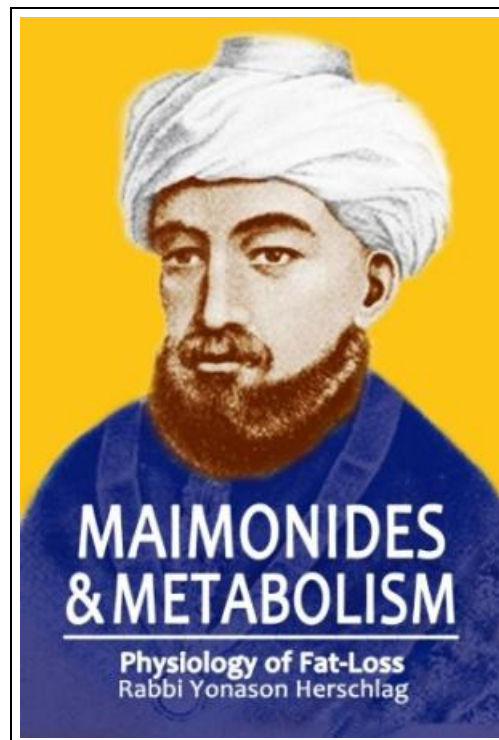


## Maimonides Metabolism: Unique Scientific Breakthroughs in Weight Loss (Paperback)



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### ***Reviews***

*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.*  
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**MAIMONIDES METABOLISM: UNIQUE SCIENTIFIC BREAKTHROUGHS IN WEIGHT LOSS (PAPERBACK)**

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Rabbi Yonason Herschlag, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get the keys to sustainable weight loss--reduce hunger, speed up metabolism, and transform your body into a fat-burning machine, with a science based approach. Today there is a debate raging among nutritional authorities concerning the timing of breakfast. Some argue that in order to avoid sugar lows and uncontrollable hunger one should eat breakfast shortly after awakening. Others promote the extension of the nightly fast by delaying breakfast. Maimonides Metabolism explains in depth the physiological processes that are overlooked by many mainstream nutritional authorities, like the fact that the hormone cortisol is at its daily peak half an hour after waking up. Studies have shown that insulin resistance is higher shortly after waking as compared to a few hours later, and this is because cortisol an antagonist of insulin - insulin is anabolic (directing the body to store energy), and cortisol is catabolic (directing the body to release and burn stored energy). Eating a breakfast that includes carbohydrates too early will spike blood sugar levels too much, as the high levels of cortisol won t allow the insulin to lower the blood sugar to balanced levels. High blood sugar then leads to hyperinsulinemia (too much insulin). And simultaneous high levels of cortisol and insulin cause the body to increase the number of fat cells. Hyperinsulinemia also directs the body to store fat, and blocks the body from using stored fat for energy. Maimonides Metabolism delves into the timing of meals and exercise, habituating ourselves (gradually) to the most effective strategies of daily intermittent fasting that alleviates hunger and puts us into the natural fat burning mode. Several chapters go into great detail on macronutrients to arm dieters and dietitians with the understanding needed...



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