



# **Food You Love Diet: Eat Food You Love, lose weight and then, maintain.**

*Helen Gardner Perry*

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This is NOT a typical diet book. It is an all-encompassing approach (body, mind & soul) to improve a person's general well-being. On this diet, you can actually eat desserts. I mean real desserts, not sugar free or fat free. Information presented in this book is, merely, our opinion based on our own experiences. Although we are not experts in the field, we believe we have possibly made a discovery. We've learned some foods we love... don't love us back. It's only the foods that don't love us back, that we need to stay away from. Again, we're all unique. That's why you have to find the foods and desserts that you love, that love you back. These foods will work WITH your body chemistry and NOT against it. With this diet, you'll have to try it to believe it. How is it possible? There are a lot of things to be considered. As an example, let's take blood types. According to David L. Katz, MD, director of the Yale-Griffin Prevention Research Center: "Researchers have known for years that type O's tend to be more susceptible to ulcers. Food allergies or intolerances may be related to blood type, too". I have a friend whose blood type is AB. He loves steak, but beef of any kind makes him sick. Whereas, I am O+. I love steak, too. I can eat it, no problem. Everyone has a different metabolism and chemistry... definition: the life-sustaining biochemical activity of a particular substance in a living organism. A perfect example is alcohol. We all know people that get drunk on 2 beers, yet, others don't... some people can't eat peanuts. What would make us think chocolate, pasta, bananas, etc. converts to fat at the same rate for each person? It wasn't until my friend and I had our famous conversation about my love of cheesecake and wine that we both came to an incredible realization. We cracked the code... Aha! The phenomenon of her weight loss was not just about desserts. It was about eating food an individual person loves. It can be steak, bread, mashed potatoes, chocolate, ice cream and so on across the spectrum of all food groups. Society and peer pressure can be devastating. It crushes self-esteem and can even drive people to starve themselves, upchuck their food, abuse laxatives, commit suicide on and on. Stress induces cancer, shingles, depression and a myriad of other medical conditions. It also causes the body to release cortisol. Cortisol is the "stress hormone" that contributes to excess fat. The less stress, the less your body will retain the fat. Excerpts from the WebMd.com archives: Experts agree that stress management is a critical part of weight-loss regimens, particularly in those who have elevated cortisol levels. To effectively reduce elevated cortisol due to stress, lifestyle changes are essential. Ta-Dah... I give you our diet. The beauty of this new way of life is you don't ever feel like you're DIETING, because you're not. It's a lifestyle change... eat what you love, slowly lose weight and then maintain. When you get to your desired weight, you can add foods you love back and discover new ones. My friend, Gizz, started to track her diet on the USDA Super Tracker web-site. Anyone can use it. it came online in 2013. It's designed specifically for tracking the nutritional values of food we eat. If you want to set goals for yourself, the SuperTracker will provide you with a meal plan to achieve these goals. You can track physical activities, BMI & weight, too. We knew our diet was very healthy, but we didn't have the tools to improve it, further... until we found out about SuperTracker. Of the 39 Nutrients, Minerals and Vitamins required by the USDA Dietary Guidelines, Gizz now consumes 95%, completely via food. According to the medical community, nutrients derived from food have a greater body absorption rate. She achieved this without taking a multivitamin pill. She only needs to improve on her intake of Vitamin K. With the Super Tracker info, I'm certain she will...

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The reason why? Because this Food You Love Diet: Eat Food You Love, lose weight and then, maintain. is an unordinary book that the inside of the guide waiting for you to snap it but latter it will surprise you with the secret the idea inside. Reading this book adjacent to it was fantastic author who have write the book in such amazing way makes the content on the inside easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

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