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Jayson Calton, PhD, Mira Calton, CN

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HIIT Your Limit Len Kravitz, 2018-11-27 Get lean build muscle and stay healthy A Fitness Hall of Fame inductee and world famous exercise scientist explains high intensity interval training and the nutrition that complements it and provides a wealth of workouts including workouts you can do at home so you can get and keep the body you've always wanted High intensity interval training HIIT is an extraordinarily effective form of training that mixes high and low impact activities during periods ranging from seconds to eight minutes In HIIT Your Limit Dr Len Kravitz a National Fitness Hall of Fame inductee and internationally renowned exercise scientist for the past thirty six years explains what HIIT is and how it effects your entire body externally and internally gives 50 workouts and a plan to whip you into shape fast and presents a wealth of nutritional and other advice to further its impact HIIT was recently rated the 1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham Britney Spears Hugh Jackman and Scarlett Johansson In addition to fat loss it's been proven to have major health benefits on blood pressure diabetes and cholesterol Through this groundbreaking volume you'll learn why and see how to get fit quick and have a fun and truly sustainable exercise program no expensive personal trainer required [The Micronutrient Miracle](#) Jayson Calton, PhD, Mira Calton, CN, 2015-08-11 Our poor health and growing waistlines can be traced back to the hidden crisis of a micronutrient deficiency More than 90 percent of all Americans are deficient in at least one of these health promoting vitamins and minerals and don't even know it According to nutritionists Jayson and Mira Calton micronutrients vitamins and minerals essential for optimum health are being stripped from our diet and depleted by our lifestyle habits And these deficiencies cause today's most common illnesses Mira herself developed advanced osteoporosis at the age of 30 But with Jayson's help she reversed her disease through micronutrient therapy The Caltons created The Micronutrient Miracle an incredible cure all program to help you lose weight and prevent and reverse common disorders including obesity heart disease and diabetes The Micronutrient Miracle explains the truth about what you're really eating and how your habits may be depleting essential micronutrients It also provides an easy to follow 28 day plan to reverse these effects by restoring your depleted micronutrients And the best part This book is tailor made to work with your lifestyle including gluten free low carb low fat vegan and Paleo recipes [Handbook of Obesity - Volume 1](#) George A. Bray, Claude Bouchard, 2023-12-01 The fifth edition of Volume 1 of Handbook of Obesity written by global experts covers the basic science aspects under the broad topic areas of epidemiology etiology and pathophysiology of obesity Divided into 5 sections and detailed in 66 chapters this edition covers the important advances occurring over the past decades With a focus on science of obesity and factors participating in the etiology of obesity this topic is studied from biological behavioural and environmental perspectives Volume 1 is structured into 5 parts Part 1 focuses on the history definitions and prevalence of the obesity It identifies the historical references to excess weight obesity in art and literature direct and surrogate measurements of adiposity and obesity related traits

epidemiology of obesity around the globe and age sex and ethnic variation completes this part of the volume Part 2 explains the biological determinants of obesity It explains the bioenergetics energy dissipation mechanisms and exposure to experimental overfeeding genetic and epigenetic evidence metabolic rates energy expenditure and energy partitioning and the evidence on infections and adiposity Part 3 describes the behavioral determinants of obesity It deals with chapters related to food beverages and ingestive behavior dealing with smoking breast feeding and sleep duration and pattern and sedentary behavior occupational work and leisure time physical activity and obesity Part 4 comprises of chapters explaining the environmental social and cultural determinants of obesity The chapters in this section focus on the role of agriculture and the food industry in the current obesity epidemic social and economic aspects of obesity and ethnic and cultural differences and environmental pollutants Part 5 of this volume discusses the health consequences of obesity The chapters address important topics such obesity and heart disease lipoprotein metabolism insulin resistance and diabetes metabolic syndrome cancer hepatic biology pulmonary functions and arthritis and gout mental health and quality of life growth and health disorders in pediatric populations and on bias and discrimination affecting the obese persons **“The” Illustrated London News** ,1854

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