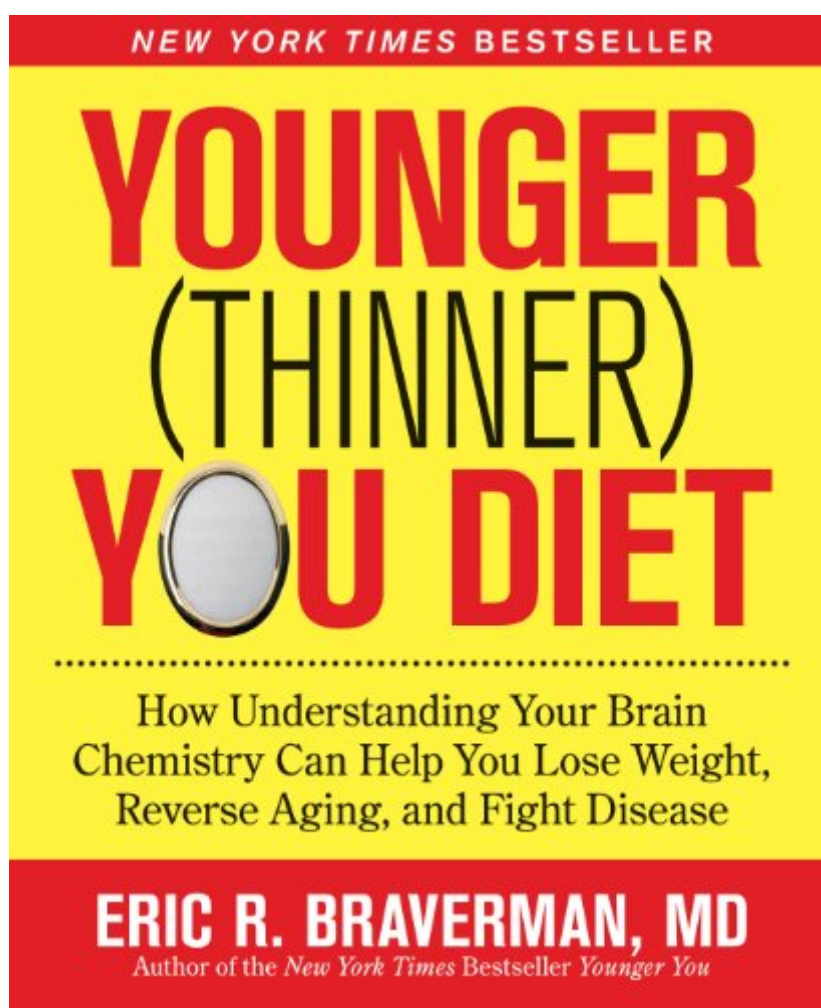


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# Younger (Thinner) You Diet:Â How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, And Fight Disease



## Synopsis

New research in nutrition and weight loss has revealed an amazing discovery: the brain--virtually neglected in all other diet plans--is the most important organ in dieting. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss--a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry. In *Younger (Thinner) You Diet*, Dr. Eric Braverman expands upon concepts introduced in *Younger You* to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical imbalance, an addictive disorder, treated successfully only through the combined approach of diet, nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers: Which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine How to choose foods, supplements, teas, and spices--even hormones and medicine--to avoid the effects of other aging organs that can destroy one's metabolism How to personalize the diet for specific health concerns, such as heart problems, aging skin, weak muscles, and achy joints Eliminating the frustration and deprivation of conventional dieting, *The Younger (Thinner) You Diet* will help anyone turn back the clock to a slimmer, healthier, younger you.

## Book Information

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## Customer Reviews

I would read, 'The New Orthomolecular Nutrition' and 'Orthomolecular Medicine " by Abram Hoffer first before reading this book. Reading Hoffer will change your life forever , especially if you're an engineer, scientist, MD, vet , nurse or nutritionist and are honest that your education was largely to brain wash you. Over 50 years ago Hoffer developed the perfect diet for the median human being and used this diet to treat terminal, chronic and degenerative diseases along with his powerful science of Orthomolecular Nutrition. Hoffer recommend a diet of no dairy, no grains, especially wheat, no sugar, and limited to no intake of red meat to be supplemented with fish protein, and no food colorings/processed foods. He recommended a diet rich in whole foods, cruciferous vegetables and limited intake of fruit. No one needs a 'diet' everyone needs orthomolecular nutrition and to stay on that. Hoffer/Saul in their book, 'The Vitamin Cure for Alcoholism' outlined how he broke not only Alcoholism but food addiction, smoking addiction and wheat addiction. Hoffer treated the founder of AA, for depression and his alcoholism. Just taking some niacin and glutamine and other supplements is enough to break food addiction until you can get off of sugar and wheat. Hoffer said it was harder for him to break sugar addiction and wheat addiction and that most people needed the help of an Orthomolecular Psychiatrist or Orthomolecular ND/MD to get off the wrong foods. The book 'Wheat Belly' by Dr. Richard Davis demonstrated what Hoffer found out fifty years ago, modern wheat is poison. Hoffer was the first to call sugar a poison!! He understood the importance of feeding the brain with supplements and the body, as he worked as food engineer and understood that even with organic foods due to mineral depletion and modern fertilization everyone had to supplement their diet. I think Braverman does a good job of explaining that for some people the brain is the problem with excess weight . He does an below average job of explaining brain/body nutrition, when compared to Hoffer's epic work of 30 books and 300 papers. If I was sick, and could not treat myself or with my orthomolecular ND, Braverman would probably be one of the few MDs in the USA/Canada I would consult with. He at least 'gets it' to a certain extent. If you want to know why USA medicine is 3x more expensive and 1/2 as effective as Medicine in Europe read, 'Murder by Injection' by Harvard Educated, Christian, Eustace Mullins.

I read this book. Admittedly, I stopped at the 30 day plan because I actually want to do it. It takes lot of time and money if you don't have the ingredients already and are not an avid cooker. I am slowly incorporating the meal plans. I did day one. The thing that I don't like is that he never tells you exactly how much you should eat. I made his shrimp curry for example, and he gives instructions for serving four, but not one(I'm a single guy.) So I did day 1 for three days so that the food doesn't go to waste. I did feel really good after eating those meals for the day, though. I would say the book is kind of inconvenient to go through if you're doing it on a kindle. The recipes are on way separate pages from the days you eat the meal. It was very inconvenient for me to have to keep swiping and swiping and looking for the shrimp curry recipe. Apple walnut cinnamon recipe is missing !This book will educate you, though. I love all the spices and teas he recommends and also the supplements. I'm even going to give the book a second reading so the information can stick in.

A simply exceptional book! I now recommend it to everyone!First of all, I'd like to say that I find the book's title a bit misleading. The words "thinner" and "diet" sort of imply that this book is just for weight loss. But it's not. It is much broader in scope. The strategies in this book are meant to also help with things like low energy, low motivation, procrastination, anxiety, moodiness, poor sleep, etc. And of course, to improve health in general.Here is how the book is structured:First, the author explains various brain chemicals (dopamine, serotonin, etc). He presents a self-assessment questionnaire to see which of these chemicals may be in low supply. He then explains how deficiencies in these chemicals tend to be associated with various challenges, such as anxiety, low energy, poor sleep, etc - and excessive weight, food cravings etc, too.Then for each of these chemicals he explains what to eat. E.g., which foods to eat to balance dopamine deficiencies, or serotonin deficiencies, etc.He also presents recipes.He also discussed all kinds of other things.While I myself don't have weight problems, I, too, benefited from this book greatly. By following this book's strategies, I now have more energy, more motivation, etc. This was actually the main reason why I wanted to read this book - to find ways to boost my energy, motivation etc. It sure helped with that. Also, I did have some belly fat and kept thinking that I should do abs. By following this book's strategies - lo and behold, the belly fat disappeared, within 2-3 weeks! Without any abs exercises. I was like, "WOW!"Also, I work with a lot of people who struggle with weight loss. I typically recommend the following books to them:(1) This book by Dr. Braverman; AND(2) Books by Paul McKenna - he has several books on weight loss, includingÂ I Can Make You ThinÂ andÂ Freedom from Emotional Eating.I know lots of people who get great results from these books. Books by Paul McKenna provide the life coaching strategies and even include really great

hypnotic trance audios. Whereas the book by Dr. Braverman explains what to eat to balance brain chemicals. This combination is pretty much guaranteed to help with weight loss.

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