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A fabulous, practical, and modern guide to true health from a fresh and engaging certified nutritionist with an inspiring and transformational message. Without ever using the word “diet,”

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Meghan Telpner encourages readers to make major life changes small step by small step with help from the latest nutritional science, a fun and encouraging voice, and an “abundance mindset.” Ideal for those seeking a gluten-free, plant-based meal plan and an accessible path to health. UnDiet answers the question many people have when they realize it’s time for a change in their diets, a change in their health, and a change in their lives: Where do I start? Without being too far off the mainstream, this book offers a simple, attainable, and most importantly, maintainable approach to living life well. With her strong, appealing personality, Telpner guides readers toward optimal gluten-free health by incorporating simple lifestyle modifications. Information is explained with refreshing clarity and vibrant passion, making it easy to follow ideas right off the book’s brightly designed pages and into everyday life. When Meghan was diagnosed with Crohn’s disease at age 26, and told her incurable condition could only be treated with surgery and a lifetime of medication, this wellness warrior gave up her career in advertising and her gym membership, and instead began practicing yoga, making smart nutritional modifications, and adding awesome herbal remedies into her life. Within four weeks she was completely symptom-free, and remains so six years after her diagnosis. Now a certified nutritionist who shares her knowledge via online courses and videos with a dedicated following around the world, Meghan offers a lifestyle based not on deprivation and painful restrictions, but vitality, mindfulness, and joy. With her help, we soon discover how our level of health and happiness is our own responsibility and the grand missing component of total health is our attitude. When we raise the bar of how we care for and think of ourselves, that standard gets raised in all aspects of our lives. Eat your way to the life of your dreams! Includes a plan for an 8-week transformation and more than 35 delicious gluten-free, plant-based recipes.

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A toolbox for a complete lifestyle transformation -- from a holistic nutritionist with an inspiring and practical message. Is it possible to look and feel your absolute best while eating the most delicious food and avoiding the trap of diet deprivation and calorie counting? Meghan Telpner's UnDiet reimagines the way we look at our health and our ability to change it. Infused with her signature humor, enthusiasm, and accessibility, Meghan inspires readers to question paradigms; take ownership over their health; and join her in reinventing their lives, one small change at a time. UnDiet offers a motivating lifestyle makeover that is more fun than any other diet -- with lifelong, life-changing results. Featuring:

- Practical nutrition information
- 40 easy and delectable gluten-free recipes
- Comprehensive meal plan
- Complete 8-week transition program
- Lifestyle advice from a posse of experts

From the bestselling author of UnDiet comes a colorful and easy-to-follow cookbook bursting with 130 recipes as delicious as they are good for you. Is it possible to look and feel your best while eating the most delicious food? According to leading nutritionist and educator Meghan Telpner, absolutely! The UnDiet Cookbook is a collection of Meghan's most health-promoting and tasty recipes, from life-fueling juices, smoothies and breakfasts, to everyday staples and condiments, to mouthwatering entrees and delectable desserts--and everything in-between, including tips for entertaining, edible beauty, and travel. With her signature style and voice, Meghan introduces readers to the UnDiet world: an inspiring lifestyle that doesn't mandate any one style or label of eating, cleansing, or dieting--only beautiful, nourishing, vibrant living. Every recipe in the pages of The UnDiet Cookbook is gluten-free, dairy-free, and in most

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cases, vegan-friendly, with plenty of options to fit any style of eating, be it nut-free, soy-free, grain-free, or protein-powered. Gorgeously designed and photographed, and teeming with UnDiet-approved tips, guidelines, and techniques and important information about health and wellness in today's world, The UnDiet Cookbook is more than just a book of recipes; it's a must-have resource for every home, and for anyone trying to jumpstart a new, vibrant, abundantly healthful life.

Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose

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Weight or eat "perfectly" actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: \*How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties \*How to feel your feelings without using food \*How to honor hunger and feel fullness \*How to follow the ten principles of Intuitive Eating, step-by-step \*How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Your body is by God. God preprogrammed you to look great, have outrageous health, and experience incredible happiness. In the human body, God created a perfect design, equipped with all the organs, tissues, and cells necessary for health, production, and reproduction. The problem, asserts Dr. Ben Lerner, is when we as humans interfere with God's design for our

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**Bodies.** Junk food, high-stress living, and neglecting exercise are just a few of the things we do to hinder our bodies' performance. In *Body by God*, Dr. Lerner offers a comprehensive plan for getting in touch with our bodies in four areas: nutrition, exercise, stress management, and time management. His "5-in-5" plan is designed to instill the good habits that will lead to optimum health benefits. Readers will learn how to get in shape with 10-minute workouts, reprogram the way they react to stress, and more. "Owner's Manual Tips" give specific ways to apply the material to real life. Our bodies are "fearfully and wonderfully made." With the help of *Body by God*, readers will learn how to achieve the highest level of performance from God's handiwork.

If you're pregnant or have recently had a child, if you feel overwhelmed with the task of motherhood or have low energy levels, this book can help. Dr. Sheri Lerner guides you through a God-focused program that is based on *Body by God*, developed by her husband, New York Times best-selling author, Dr. Ben Lerner. This nutrition, exercise, stress, and time management program can easily be tailored for your lifestyle. In *Bouncing Back from Pregnancy*, you'll not only learn about fitness after the baby arrives but also what you can do during your pregnancy to help you bounce back more quickly.

The first thing to be understood about this book is its utter seriousness. This is not a flippant diet but a well-thought-out innovation by a man who has spent years grappling with his own weight problem and his love of beer. Now, believe it or not, thanks to Dr. Lipp you can lose weight without giving up beer on his remarkable I-Like-My-Beer Diet. Recognizing that no one likes to diets or wants to change his or her eating habits forever, Dr. Lipp has devised a weight-

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**T**op program designed to take off ten or more pounds in twelve days in as painless a manner as possible—with two (or three) beers a day. Dr. Lipp gives five basic reasons why beer is compatible with weight loss: beer complements a high protein, low-fat diet; beer is itself comparatively low in calories; beer is nutritious; beer is filling; and beer is relaxing, which helps you deal with you deal with the diet-deprivation syndrome. Each day's menu program includes breakfast, lunch, dinner, and, of course, beer. As flexible as it is serious, The I-Like-My-Beer Diet offers three options for each meal: recipes for dishes to make at home, suggestions for restaurant dining, and brown bag meals for lunch or dinner. Tips on diet survival at parties and on weekends are included. Calorie listing for most popular domestic and imported beers are provided. The I-Like-My-Beer Diet may sound too good to be true, but it works! So reach for your favorite brew, follow Dr. Lipp's diet, and you'll find yourself ten or more pounds lighter in just twelve days. Cheers!

By applying the principles of clean eating to a realistic lifestyle, top journalist and working mom Dari Alexander shows how you can achieve your best body and keep that promise to yourself: to finally look like that gorgeous person you know exists. Changing your mindset and consuming foods closest to their natural state will change the way you feel every day—this back-to-basics, no-nonsense, weight loss and maintenance program will not only make you thinner, it will also increase your energy. Most importantly, it promotes life-long good health. The Quick & Clean Diet is all about whole grains, lean proteins, and good fats. It shuns pre-packaged, heavily processed, refined, and fast foods. It's not about eating only low-carb, nor about going fat free. It's about good fats. Expect to eat plenty of chicken, turkey, and fish. You will also get

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**T**he book offers an endless choice of vegetables, and a plethora of spices. Your food will never taste boring, nor will you feel deprived; in fact, expect to eat a lot. Three levels form the basis of the diet—for each of which the book provides delicious recipes. The High Motivation segment is the rapid weight loss phase, a time designed to whip you into shape, kill your cravings, and shrink your stomach. Within about three days, you will feel unstoppable. The Grounding segment is where you continue to lose weight while reintroducing a wider variety of foods. And finally the Stability segment will become your roadmap for eating well for the rest of your life.

Heather Wise walks the reader through the latest research on our microbiome's impact on our digestion, metabolism, and nervous system to give new meaning to “we are what we eat.” This book makes understanding this new hot topic exciting, digestible, and deeply personal.

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