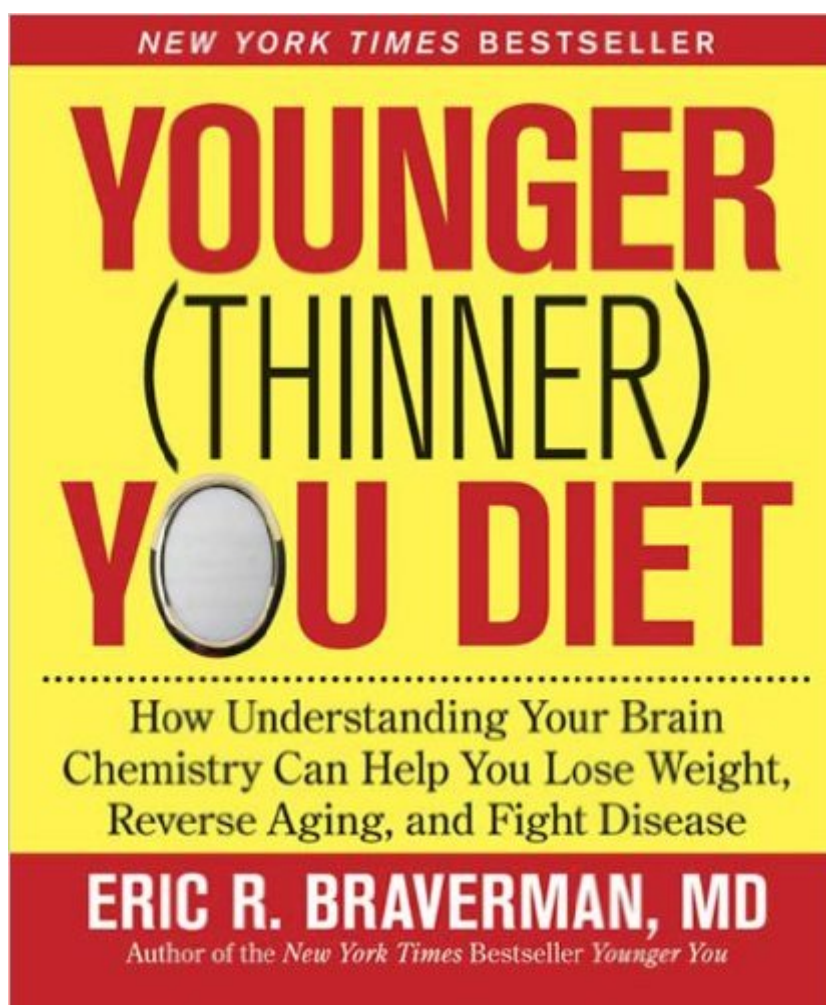


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# Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, And Fight Disease



## Synopsis

New research in nutrition and weight loss has revealed an amazing discovery: the brain is 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, *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

This book is a keeper, a must-have reference book for how food affects the brain. I have read hundreds of books on nutrition, even wrote one myself, but nonetheless found this book revolutionary in scope. I love reading books that give me radically new information, and I found plenty of such nuggets here. For example, until reading *Younger (Thinner) You Diet*, I had no idea that my hepatitis C had affected my entire personality for years! I was further amazed at how much our personality is formed by neurotransmitters, which can be balanced with food. Dr. Braverman discusses at length in layman's simple terms the following brain chemicals: dopamine, acetylcholine, gamma-aminobutyric acid (GABA) and serotonin. He shows how a lack of them can affect the personality, aging, and weight gain. Just looking at the various personality profiles Dr. Braverman provides, you can easily recognize which neurotransmitters you and your loved ones lack. But there is a quiz to make the diagnosis more accurate. In this book you will also find tips for combating such things as osteoporosis, collagen loss, and other maladies. There is even a handy section called "Name the Pauses" in which you can identify which systems are your weakest (again, definitions and quizzes). There is a section that details the power of various spices and also such a section for teas. Parts like that make this a reference book. You will not want to sell your used copy on! There are a few things that made me raise my eyebrows: advice to use aspartame, which has been proven to be very toxic, and canola oil, which is genetically modified. And he classifies someone as "excentric" who believes in telepathy and the sixth sense.

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