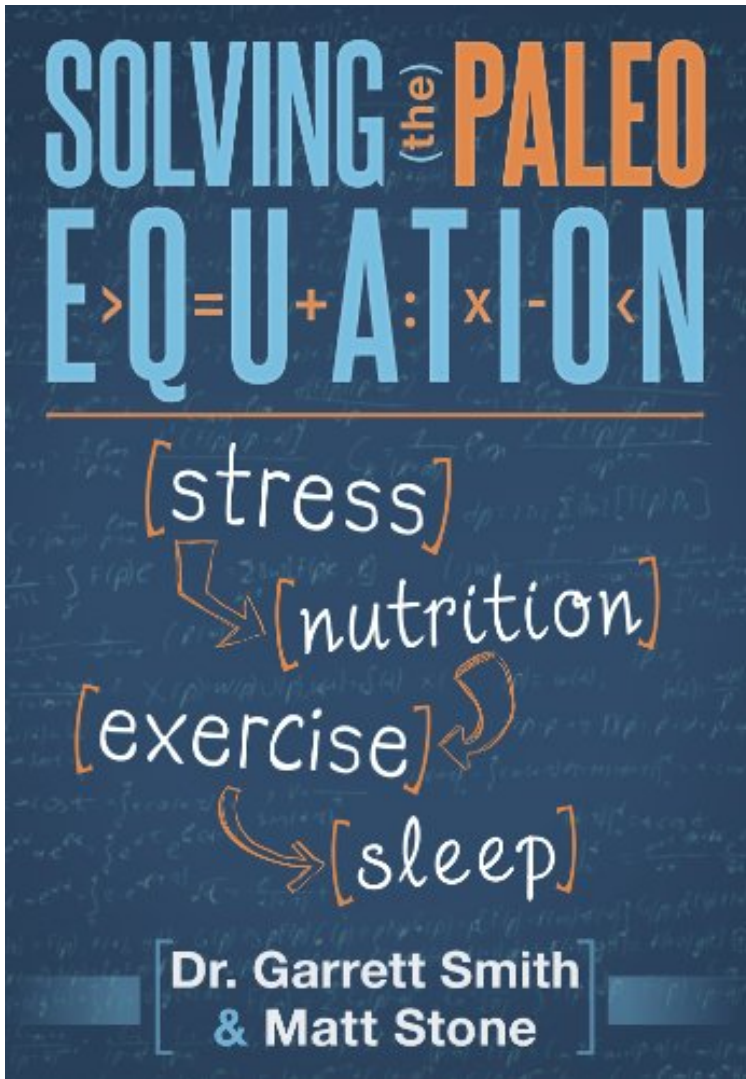


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Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep (English Edition)



Par Garrett Smith, Matt Stone
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Description :

Prsentation de l'diteur "Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep" is the ultimate guide to customizing your diet and lifestyle practices to your unique physical and metabolic needs. You'll learn how to maximize your health practices and minimize your time and effortno more driving yourself to exhaustion in hardcore fitness classes. No more strict, unsustainable, and impractical approaches to nutrition, either.

Solving the Paleo Equation will help you not only avoid the ravages of adrenal fatigue, low metabolism, dwindling sex drive, and sleep problemsall-too-common consequences of overzealous workout regimesit will help you rehabilitate from the unhealthy "health" protocols you've pursued in the past. Throughout this book, naturopathic physician Dr. Garrett Smith and independent health researcher and best-selling author

Matt Stone address the main areas that the "health seeker" often dangerously ignores, like:- Sleep: One simple change in your bedroom could restore a normal cortisol rhythm!- Stress: Practices to keep your home and workspaces from raising your adrenaline and sapping your testosterone!- Exercise: Simple, free, reliable ways to self-monitor to avoid burnout and overtraining, regardless of the type of exercise!- Nutrition: Learn about the four "Anti-Stress S's" and their powerful affects in the body!Instead of regurgitating the old-school saw to "eat clean and exercise more," Smith and Stone focus on the basic pillars of true health and outstanding physical and mental function: sleep, stress, exercise, and nutrition. By analyzing and improving the fundamental areas of physical functionsleep quality, sexual performance, digestion, blood sugar regulation, body temperature, etc. virtually every system of the body dramatically improves as well.In "Solving the Paleo Equation", Smith and Stone go beyond simple Paleo theory and take readers on a journey toward a practical and useful understanding of how their bodies work. Using the simple tools of a thermometer and basic biofeedback markers (urine concentration, temperature of hands and feet, mood stability, bowel transit time, etc.), you will learn how to eat and live the most healthfully for YOU."Solving the Paleo Equation" is not a health formula, philosophy, cult, fad, or movement, but an education. It's the manual on do-it-yourself health enhancement.Revue de presse"After three years of declining performances and difficulty recovering from workouts (things I had attributed to age and constant overtraining), I decided to contact 'Dr. G.' because I knew he had firsthand experience with what I put my body through doing CrossFit and Olympic lifting. The way I felt turned around in less than a month, and my athletic performance followed suit within three months. I was restored to my previous abilities."Josh Everett, second- and third-place CrossFit Games finisherPrsentation de l'diteur"Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep" is the ultimate guide to customizing your diet and lifestyle practices to your unique physical and metabolic needs. You'll learn how to maximize your health practices and minimize your time and effortno more driving yourself to exhaustion in hardcore fitness classes. No more strict, unsustainable, and impractical approaches to nutrition, either. Solving the Paleo Equation will help you not only avoid the ravages of adrenal fatigue, low metabolism, dwindling sex drive, and sleep problemsall-too-common consequences of overzealous workout regimesit will help you rehabilitate from the unhealthy "health" protocols you've pursued in the past.Throughout this book, naturopathic physician Dr. Garrett Smith and independent health researcher and best-selling author Matt Stone address the main areas that the "health seeker" often dangerously ignores, like:- Sleep: One simple change in your bedroom could restore a normal cortisol rhythm!- Stress: Practices to keep your home and workspaces from raising your adrenaline and sapping your testosterone!- Exercise: Simple, free, reliable ways to self-monitor to avoid burnout and overtraining, regardless of the type of exercise!- Nutrition: Learn about the four "Anti-Stress S's" and their powerful affects in the body!Instead of regurgitating the old-school saw to "eat clean and exercise more," Smith and Stone focus on the basic pillars of true health and outstanding physical and mental function: sleep, stress, exercise, and nutrition. By analyzing and improving the fundamental areas of physical functionsleep quality, sexual performance, digestion, blood sugar regulation, body temperature, etc. virtually every system of the body dramatically improves as well.In "Solving the Paleo Equation", Smith and Stone go beyond simple Paleo theory and take readers on a journey toward a practical and useful understanding of how their bodies work. Using the simple tools of a thermometer and basic biofeedback markers (urine concentration, temperature of hands and feet, mood stability, bowel transit time, etc.), you will learn how to eat and live the most healthfully for YOU."Solving the Paleo Equation" is not a health formula, philosophy, cult, fad, or movement, but an education. It's the manual on do-it-yourself health enhancement.