

The Pleasure TRAP

*Mastering the
Hidden Force
that Undermines
Health & Happiness*

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The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness



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Learn unique insights into the factors which make us susceptible to dietary and life style excesses; Inspired by stunning original research, comprehensive medical research, and their successes with a large number of patients, the authors construct a new paradigm for the psychology of health that offers fresh expect anyone stuck in a self-destructive cycle. A wake-up call to even the most wellness conscious Americans, this publication difficulties conventional wisdom about sickness and unhappiness in today's contemporary culture and offers groundbreaking solutions for achieving switch. This book can change your life. then discover how to restore the biological procedures designed by nature to keep us running at maximum efficiency and vitality.



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The old saying, "It's feast or famine," means that we ought to consume while we can, because resources will be scarce. Healed myself! At first, it had been kind of hard to get into. People can argue the technology all they need but facts are specifics and living a whole foods plant based diet free from processed foods is the only method to true health insurance and longevity with a high quality of lifestyle. I was obtaining hives and psoriasis to the point of my body feeling enjoy it was burning on fire. I went to a number of different doctors, including naturopaths and practical medicine doctors. But all seemed to want to ADD this or Put that. Consider this to suppress it or that to heal your gut or this for even more nutrition. Well, what I needed was to REMOVE all of that. This publication gave me the drive I needed to embark on a fast to heal myself. I was stubborn about it for over a calendar year, but I simply couldn't stand suffering any more and having attempted EVERYTHING. I adopted Dr Klaper's online protocol for performing a fast and elimination diet plan. I made it 65 hours on a water fast in the home, but was so fragile I didn't desire to move further without medical help (you should never fast a lot more than 3 days unless you are in somewhere like Accurate North where they are able to monitor yo. Even though we understand what the correct choices are. Truly amazing What an incredible reserve! My hives were gone. If you want that sort of health info then you will love this book!), I am realizing brand-new ways to increase my happiness. Cut away the processed food, drink water, execute a fast for a time and give the body a break. It can wonders. Great summary of how human beings eat. And how western diets have become harbingers of disease. Comes highly recommended by the Plant Based community. Wow. Definitely worth taking the time to read. I feel like a curtain offers been pulled away. Untrap your Addictions. The book talks about water fasting, that i haven't tried bc that's a huge comittment. If you're wondering what's following after viewing Forks Over Knives, or What The Health, and you still want even more hard science. This book explains why we make bad food choices. and give you the picture as a whole. Remarkable Knowledge. Fascinating concept Although the author is quite heavily enamored with the theory of macro evolution, the data presented for the process of escaping the pleasure trap is quite convincing, and both scientifically and physically sound. The concept of water-only fasting as a cure for many modern diseases of excess is interesting, and as students holistic nutritionist, I am compelled to research this further, as Personally, i have very high "total cholesterol", whilst eating a plant-based, entire foods diet. Fasting may, I hope, solve this and several other pre-problematic concerns. Eye opener I loved the book. the excellent demonstration. I read this reserve after viewing it in a doc What MEDICAL... If you need another tool to battle to improve your lifestyle modification this will be the reserve to turn to!. An interesting argument and only whole-food plant-based eating There are several reasons to adopt a whole-food plant-based diet (health-related, ethical, environmental, economic, and probably others)... I am glad that I purchased this book and discover that it has been quite ideal for me in dealing with desire to consume heart healthy. There are certain foods that call out my name and this insightful reading was so helpful!", but we ought to exercise restraint. I highly recommend this book to those wanting to understand why we eat just how we do. Reading a 2nd time. The theory could be simple, however the implications are profound. I am surprised how much insight I am now getting into the result of behavior beyond just diet (specifically passive entertainment, like TV, internet surfing, etc. Although the basic concepts are indeed fairly simple, the explored implications for contemporary human life are not. I found this reserve quite readable and interesting, so much in order that I'm right now reading it another time 2 yrs later. I know how to proceed if I feel inflammation. but I was looking for strategies to help with glucose addiction and what I acquired from it could have been summed up in less than a paragraph. not

helpful to me A fascinating read, with scientific studies, etc... This was something we hardly ever would've been able to accomplish with medication. Ideal for people with food addiction that is a real point! Considering toxic foods as an addiction helped me to purge essential oil, refined food, and animal products from my diet plan. It is a little redundant, but very clear so I believe anyone can understand it and reap the benefits of it.. Remarkable Book. and equipment for change. Some very esoteric knowledge and existence enhancing-even transforming knowledge within this book. Kind of stuff the press, pharmaceutical companies, meats and dairy sectors don't wish you to learn!! loved to discover that feeding on a vegan plant based diet plan results in losing 5-10 pounds a month. When one decreases their extra fat intake to 10% or much less or less of calories consumed, the body begins to invert atherosclerosis.Four superstars because I felt the publication was too wordy in parts and overly clinical and lacked humour. This book gives us a synopsis of human diet plans and how exactly we have gotten here. So I ate some watermelon and began a rigorous elimination diet. This publication is all you should know about how to get started on a complete Food Plant Based way of living. But the info in this book can help you see how western diet programs are killing us. Than, this book is the one for you. It's a very easy read, and it's not packed with science language that you'll require a Ph. It's difficult for most, and darn near difficult for some. Ok, that's long enough. This book helps to explain human behavior and how to substitute brand-new, constructive habits, for those that have made us excess fat, sick, tired, and hurting. I wish I had learned this years back!!! And now it's been over a year and still doing great- I consume a gluten free of charge vegan diet.Compiled by a guy who wanted to change his health. Running away from our past Our evolutionary biology has ready us to survive predators, environmental transformation, famines, and various other stresses.Amazing book! The issue is, we have an excessive amount of everything! We have been programmed to state, "Yes! I did not really realize how addictive food items can be which helped me to comprehend and attain my goals a lot more readily. D to learn. Go buy this reserve. Great book to greatly help with Food Addiction This book is amazing. And how to liberate. An eye opener to some of my very own instinctual behaviors. An vision opener for some of my own . EXCELLENT. Fascinating! Thanks for the research, & It opened up my eyes on addictions. Elegantly written with technology supported arguments. Very helpful to anyone who's not really finding enough inspiration to embrace a (entire foods plant centered) WFPB lifestyle. great information That is great information and mostly done in a manner that is entertaining but be aware that it can get technical. All my swelling healed! A Must Read. In case you are questioning what eating meats, cheese, eggs, natural oils, salts, sugars, and chemicals is doing to your health, this is an easy examine that will spell it out of you. Well that's all it got for me personally anyway. It really gets into the research of how we're wired but it's carried out in a way that's not boring and an instant read. Life changing! This book makes sense in ways that I never could've comprehended. Thank you Dr's Lisle and Goldhamer for your continued work and dedication. This is an important subject to help us find the appropriate path to health. My Dad (73) and I just completed a 10 day water fast at Accurate North in Santa Rosa and his blood circulation pressure can be down over 100 points and his joints feel much better than ever. EXCELLENT. And, his body isn't full of those toxins! His knowledge of the importance of the lifestyle actually flipped when he examine this book and also the Starch Remedy by Dr. John McDougall. I read fifty percent of it and put it down and didn't read it again until I became really ill with allergies to increasingly more things.. This reserve presents another interesting argument and only doing this, and discusses how exactly to overcome a few of the obstacles one is likely to encounter. The majority of the negative evaluations derive from a deliberate misreading and distortion of

what the authors say.



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