



FEAST WITHOUT FEAR

Food and the Delay, Don't Deny Lifestyle

GIN STEPHENS

Foreword by Dr. Kelley Kacergis, DC

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In *Delay, Don't Deny*, Gin Stephens taught people around the world how to live an intermittent fasting lifestyle. Prepare yourself to *Feast Without Dread*! Is there one best diet plan that works for each among us? The surprising answer to that issue can be an emphatic NO! From your own genetic differences to your own gut microbiome, you can find personal factors that affect how your body responds to the foods you take in. In *Feast Without Dread*, the follow up to *Delay, Don't Deny*, become familiar with what makes each of us unique, and why there is not a one-size-fits-all approach, no matter what all the diet books guarantee you. In addition, you will examine many well-researched dietary approaches which are linked to radiant health and longevity. You will discover how to craft a person eating style which makes you feel your very best, while still eating the foods you like. Still, many wonder what foods they should be consuming for best results.



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Brilliant - a must read for ideal eating and living!! It is my opinion that this capability to do so will be the impetus, the primary mover, in steering this nation, forever, in a path that promotes healthy long lasting weight loss, and emphasizes not merely, the finish of dieting, but solid diet, reduction of disease and long, healthful lives. With her new book, Gin Stephens has added even more to my arsenal of details to equip me to reach your goals forever. The American health care system is rapidly shifting to a paradigm of "prevention" rather than "treatment" and doctors that accept health insurance, especially Medicare, are being held accountable; Jason Fung. VERY INFORMATIVE This book gives clear information about the science of our bodies and what goes on with them. Unlike many second books, this will not repeat the knowledge in her first book. Bonus read. Gin explains how to physique this out for every of us - it's different for everyone, based on our own bodies, our genetic makeup, our microbiome, and our histories. It's truly a guide for optimal health. Ok that isn't all, Gin is synthesizing and presenting all of this amazing science in an easy-to-understand way. This is all NEW STUFF, too - the most recent science that is changing how we cope with all sorts of medical issues from obesity to the leading factors behind loss of life. She addresses the most recent knowledge on the Microbiome, and gut health, and ethnographic studies about populations who are the longest living on the planet - to inquire the facts that makes those individuals so healthy? It's an excellent followup to her 1st reserve.. And, if you want to get to those studies later, there is a whole web page of the links. I examine it and my world changed! discover ways to reach a proper BMI with IF, and as Gin emphasizes, eat ideal according to your own person genetic requirements, while keeping up to date with the new research on gut microbiome and how exactly it affects your very own individual physiology. It's also incredibly empowering to understand you can be fit and healthy and not have to eat in virtually any specific method, you get the chance to learn what is the most optimal method for you. That's power! not like all new-age group inspirational, but extremely grounded in what's actually possible. I'm considering going for the DNA testing just to see what would work best for me! What really works as a diet plan for one person may fail for another due to our individuality! That is clearly a fairly damn high bar, and Gin is certainly all over that. A must read for anyone struggling with diets. I began my latest weight loss journey on April 28, 2016. I joined Excess weight Watchers and weighed in that first conference at 191. Many people are different which explains why no one "diet" suits everyone!) I steadily lost weight and by the finish of the entire year I was at "goal" of 139. The problem now will be MAINTAINING. I was fed up with being "good"! One day my cousin talked about The Obesity Code if you ask me. She is HELPFUL. The most significant way to reduce health care expenses is to get healthy; But then I came across Delay, Don't Deny and was finally SET FREE! Except, a lot smarter. Oh, and incidentally, I am still slowly losing weight now weighing in at about 131. No more counting calorie consumption for me personally! I loved the prior book. That's true freedom! How can a medical company encourage an individual to delay breakfast? She's been teaching elementary school for 27 years, and has worked with adult learners in a number of settings through the years. I finished this book in under 24 hours. The author distills years of study and personal experience into easily readable principles. At 44 I could finally be free from the prison that meals has kept me in since childhood. Anorexic and bulimia within my teen years and alternating between slender and overweight my entire entire life, it's time to modification my relationship with food. Thanks to IF I can finally really listen to what my body has to say. Many thanks Gin. Finally!! A Gifted &! Get Healthy without "Dieting". Food for Thought Not a diet book! Type II diabetes, hypertension, and heart disease are especially prevalent inside our overweight patients and many express major depression and frustration in attempting to lose fat, but feeling hopeless within their ability to do

so. Nothing at all they have ever really tried works for the long-term. Intermittent Fasting is still a radical idea to most of the populace and certainly to your patients. Thanks, Gin!" Thusly, Gin will be able to consider the scientific study and her own existence experiences with IF and distill them right down to a understandable learning encounter for the masses. How in the world perform we communicate the technology and rationale of IF to the mainstream inhabitants without sounding completely whacko? Enter, Gin Stephens. Although, the writer reiterates throughout her books and podcasts, "I am not really a medical doctor," allow me to quote her spectacular credentials : "Gin earned a health care provider of Education degree in Gifted and Skilled Education in 2009, a Master's degree in Natural Sciences in 1997, and a Bachelor's level in Elementary Education in 1990. An abundance of knowledge! Or worse, yet, delay lunch too? Gin Stephens is not a doctor or a nutritionist, she actually is a normal person just like you and me. It must be done. Her first book, Delay, Don't Deny, is certainly my favorite reserve on Intermittent Fasting, up there with the guru, Dr. reimbursements will be linked with sustained patient health. Treating disease is expensive! Next I browse the Complete Instruction to Fasting which have me more knowledge of the process. The tone of the reserve is KIND, she is funny, she is warm, it feels like you're sitting in her sunroom having an iced tea and chatting about each one of these incredibly interesting items. This book, in conjunction with Gin's primer Delay, Don't Deny will end up being leaders in educating people all over the world to finally get a grip on understanding how to improve your health, not only for us, however the upcoming generations. We should set an example for our family members and communities and because of Gin Stephens we will understand how. As a medical practice supervisor in primary and geriatric medication, I am in the trenches with individuals who have chronic illnesses because of obesity. After reading Gin's first publication, I eagerly awaited the next and purchased it within minutes of it being available. She is a fantastic teacher and communicator. She provides immediate links to research content articles within the Kindle text so you can assess them for yourself. Quit dieting and get this book! Let This Set You Free! This book, is an excellent companion to Gin's "Delay, Don't Deny" and goes more deeply into foods and genetics.4 (At 5' 3 1/2" , that out me in size 16-18 slacks and extra large tops. Love the writing design of the author. What is healthy eating? Gin digs directly into simply this question.. Great continue reading a subject close to my center. Loved it. Great book. Taught me how exactly to enjoy meals and . Like that one, this reserve is well written - it's arranged well, each chapter builds on others, easy links to the real studies, Not just citations, LINKS to the ACTUAL Research with tips about how to read them. And the answer will surprise you. Great reserve. Taught me how to enjoy food and help transform my gut bacteria. Find out about the foods consumed by the longest living populations, and figure out how to forget about your concern with food! Super easy to read 2nd in the series Was included with her first book. Therefore the first book rocks ! (examine it, I'm not kidding) but once you have kind of mastered the art of Intermittent Fasting, you really start thinking, ok what is the actual best food for me to place in my body? We was on the Ketogenic diet plan when We started IF. Well worth you period! This reserve helped me let go of my "good food"/"bad food" issues and simply enjoy. This publication is well worth your time and effort and cash and is created in classic Gin style with wit and humor. Great! Talented Teacher who Can Show the Masses How to Drop the Pounds & Learn to think for yourself with regards to everything you eat. Life changing!! We seriously have over 50 health, fitness and diet plan books, not because I'm overweight (the first publication - "Delay Don't Deny: Living and Intermittent Fasting Lifestyle" cured that) but because I've always been thinking about health and nutrition. Thought provoking! Great follow up to Delay, Don't Deny! We have been more different than we thought. This reserve could easily

be the best book on healthy consuming, up there with Michael Pollan. It's pragmatic, filled with actual details, presented in that lovely, accessible method. This is the follow up. I loved what sort of author doesn't just produce her personal views and duets, she gives us background study. She's saying that we shouldn't blindly pass some fancy doctor's idea of the best (and last) diet plan to use. We have been fooled and bamboozled by the dietary plan hype for such a long time. The good examples she gave appear to be even more accurate if you ask me and reasonable. I simply do IF from 18-23 hours a day time and eat whatever I love in my window!



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