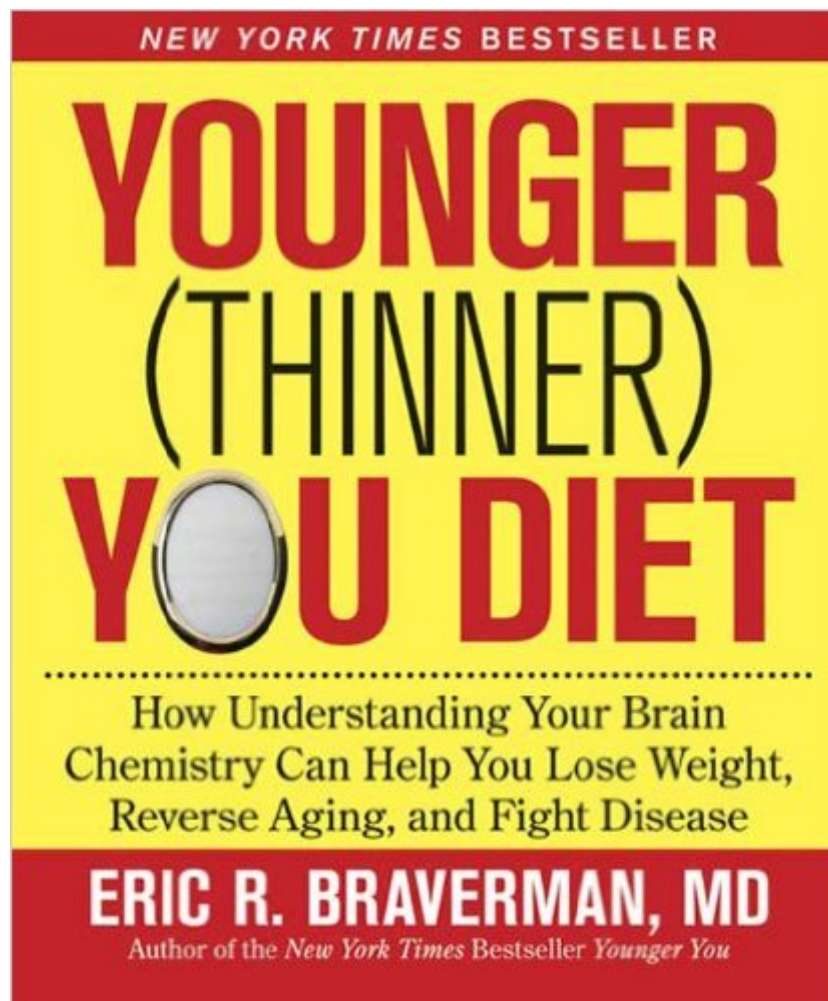


The book was found

# 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 brainâ•virtually neglected in all other diet plansâ•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 lossâ•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 spicesâ•even hormones and medicineâ•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

Paperback: 352 pages

Publisher: Rodale Books; 1st edition (December 22, 2009)

Language: English

ISBN-10: 1605294772

ISBN-13: 978-1605294773

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ• See all reviewsÂ• (145 customer reviews)

Best Sellers Rank: #158,945 in Books (See Top 100 in Books) #28 inÂ• Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #1251 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #1967 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## 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 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.

[Download to continue reading...](#)

Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE! (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In

30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets

[Dmca](#)