
HOW TO EAT A 30G PROTEIN BREAKFAST EVERY DAY

(with Recipes!)

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Protein Breakfast Deal

Raffaela Di Napoli



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Dealing with Food Allergies in Babies and Children Janice Vickerstaff Joneja, 2007-10-01 The tools and methods this guide provides for analyzing and treating allergies in children are adaptable to a variety of situations without ever losing sight of a child's nutritional needs. Recognizing that deficiencies in critical nutrients during a child's early years can have enormous consequences on growth and bodily functions, the book focuses on prevention and allergy management during pregnancy in the early weeks of life and in early childhood. The unique allergen scale and the strategies for confronting the top 10 allergens will help parents balance their child's specific nutritional needs while managing delicate allergies to food.

The Gut Balance Revolution Gerard E. Mullin, 2017-07-03 Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism, appetite regulation, energy expenditure and endocrine regulation. Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less. In *The Gut Balance Revolution*, Dr. Gerard Mullin, the foremost authority on digestive health and nutritional medicine, explains how to prevent leaky gut inflammation and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three step method: Reboot, Weed out fat forming bad bacteria by eliminating foods that make them grow and promote inflammation, insulin and fat accumulation and reignite fat burning metabolism with exercise and dietary supplements. Rebalance, Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology, reduce stress and reinstitute a healthy lifestyle including sleep hygiene. Renew, Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods. The book features step by step meal plans, shopping lists, restaurant guides, recipes, recommendations on dietary supplements and exercises for each phase so you can easily reboot, rebalance and renew your health.

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