In this topic we discuss about Cracking the Metabolic Code, where describe as here. Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health......At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

When we read about cracking the metabolic code by james b lavalle, we need to look at other references such as 9 Keys to Optimal Health, , The Nine Keys to Peak Health and Longevity

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Examines what we know about the relationship between organicchemicals and human disease Organic chemicals are everywhere: in the air we breathe, thewater we drink, and the food we eat. They are also found in amyriad of common household and personal care products.Unfortunately, exposure to some organic chemicals can result inadverse health effects, from growth and developmental disorders tocancer and neurodegenerative diseases. This book examines howorganic chemicals affect human health. It looks at the differentdiseases as well as how individual organ systems are affected byorganic chemicals. Effects of Persistent and Bioactive Organic Pollutants onHuman Health begins with an introductory chapter explaining whywe should care about organic chemicals and their effect on humanhealth. Next, the authors address such important topics as: Burden of cancer from organic chemicals Organic chemicals and obesity Effects of organic chemicals on the male reproductivesystem Organic chemicals and the immune system Intellectual developmental disability syndromes and organicchemicals Mental illness and exposure to organic chemicals The book ends with an assessment of how much human disease iscaused by organic chemicals. Chapters have been contributed byleading international experts in public and environmental healthand are based on the latest research findings. Readers will findthat all of the contributions are clear and easy to comprehend,with extensive references for further investigation of individualtopics. Effects of Persistent and Bioactive Organic Pollutants onHuman Health is recommended for students and professionals inmedicine as well as public and environmental health, bringing themfully up to date with what we know about the relationship betweenorganic chemicals and human health.

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Publication of Prevention's Maximum Immunity couldn't be more timely. As health experts are ever more loudly sounding the alarm about the dangers of a flu pandemic and the general rise in treatment-resistant disease strains, men and women increasingly find themselves juggling hectic, stressful schedules that deplete their immune defenses. Now Prevention, the magazine widely recognized as the premier source for cutting-edge, authoritative health information, examines the various lifestyle factors that influence immune function-including diet/nutrition, exercise, sleep, stress, and environment-to construct a scientifically sound, 28-day program that measurably improves the body's ability to ward off illness both short- and long-term. Developed specifically for this book, the program features: - Daily menus of immune-boosting foods - Daily tips to create an immune-friendly lifestyle - The keys to maximum immunity-including moderate and consistent exercise, 2 servings of fruits and vegetables at every meal, adequate sleep, 15 minutes outdoors without sunscreen, and a few laughs whenever possible - Targeted self-care strategies-ranging from nutritional supplements to behavioral changes-that enable anyone to tailor the program to fit individual needs - Preventive and treatment measures that help people fight back against specific conditions, from allergies, asthma, and food poisoning Lyme disease, shingles, and pneumonia.

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