

# [PDF] Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, And Fight Disease

MD Eric R. Braverman - pdf download free book

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**Books Details:**

Title: Younger (Thinner) You Diet: H

Author: MD Eric R. Braverman

Released: 2009-12-22

Language:

Pages: 352

ISBN: 1605294772

ISBN13: 978-1605294773

ASIN: 1605294772

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## Description:

**Review** "Dr. Braverman identifies the missing component of addictive eating—imbalances in your brain chemistry. His program corrects the problem and makes it possible to stick to his and other great dietary programs for thinness and your health." —Nicholas Perricone, MD, FACN, Assistant Clinical Professor of Dermatology at the Yale University School of Medicine, and author of the bestsellers *The Wrinkle Cure* and *The Perricone Prescription* "Dr. Braverman has done it again. With his keen understanding of the workings of the brain and each individual's different brain requirements, he is able to rev up your brain metabolism to increase energy and burn body fat. It works, it's easy, it's long-lasting and leads to life-long good health. This is no fad diet. This is good science and powerful. If you haven't been able to crack the code of your personal weight loss you will find the answers here. Say goodbye to unwanted weight forever." —Suzanne Somers, author of 18 books, including the latest *New York Times* bestseller *Breakthrough: Eight Steps to Wellness* "The epidemic of obesity in this country portends a significant increase of serious health problems—diabetes, heart disease, metabolic syndrome, and even dementia and cancer. Dr. Braverman's solution—emphasizing the consumption of herbs, spices, and teas to alter brain and body metabolism promises to reshape our culture and our waistlines." —Isadore Rosenfeld, MD, FACP, FACC, Rossi Distinguished Professor of Clinical Medicine at New York Weill Cornell Medical Center, and author of *Live Now, Age Later, Power to the Patient*, and *Doctor, What Should I Eat?* -- This text refers to an out of print or unavailable edition of this title.

## About the Author

**ERIC R. BRAVERMAN, MD**, is the best-selling author of *Younger You* and director of the PATH Medical Center and PATH Foundation.

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