

Dr Julian Whitaker Wellness Institute

The Whitaker Wellness Weight Loss Program Quick & Healthy Dr. Whitaker's Guide to Natural Healing Recipes from the Whitaker Wellness Institute Orange Coast Magazine The Miracle of Regenerative Medicine The Mini-Fast Diet Orange Coast Magazine The Whitaker Diet Reversing Hypertension The Fountain Is Heart Surgery Necessary? Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia & Environmental Illness Safety for Seniors The Memory Solution Eat Fat, Lose Weight The Memory Solution The Power of Superfoods Shed Ten Years in Ten Weeks Who Julian Whitaker Julian M. Whitaker Julian M. Whitaker Elisa Lottor, Ph.D., HMD Julian Whitaker Julian M. Whitaker Julian Whitaker Jack Challem Julian M. Whitaker Burton Goldberg Denise I. Falardeau Julian Whitaker Ann Louise Gittleman Julian M. Whitaker Sam Graci Julian Whitaker Kay Gill

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this physician designed diet and wellness plan revs up your metabolism resulting in permanent weight loss and overall improvement in health and well being dr whitaker s proven holistic approach focuses on improving your health with weight loss as the inevitable result

in quick healthy julian whitaker has put together a time tested program that will promote the wellness and energy necessary to get the most out of life

a blueprint for healthful living julian whitaker america s wellness doctor believes that there is almost no medical condition that cannot be improved or even reversed your body has the power to heal itself and stay healthy naturally dr whitaker s guide to natural healing shows you ways to help prevent heart attacks and strokes reverse diabetes lower blood pressure protect yourself from cancer stop the symptoms associated with alzheimer s end depression without drugs and confront many other critical health issues instead of focusing on disease this book provides you with a comprehensive roadmap for wellness by covering prescriptions for optimal health that focus on prevention and wellness natural remedies and prevention techniques for nearly 100 specific health conditions ranging from the common cold to hyperactivity and learning disorders creating your own truly effective healthcare system and so much more now you can take charge of your own health care with dr whitaker s guide to natural healing you can prevent and treat many health problems yourself no matter what your age or current medical condition from the trade paperback edition

orange coast magazine is the oldest continuously published lifestyle magazine in the region bringing together orange county's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel as orange county's only paid subscription lifestyle magazine with circulation figures guaranteed by the audit bureau of circulation orange coast is the definitive guidebook into the county's luxe lifestyle

turn on the body s self healing abilities prevent illness before it starts and reverse the aging process explains how to activate the body s regenerative abilities and combat inflammation through diet supplements detox herbs exercise energy medicine and mindfulness examines the science of epigenetics and the potential of stem cell therapies for regeneration of joints and organs as well as for healing the telomeres of our dna reveals the importance of hormone balance and sleep as a core regenerative therapy harnessing the advances of the new paradigm of medicine which focuses on the regenerative abilities of the body rather than symptom management elisa lottor ph d hmd explains how each of us can turn on the body s self healing abilities prevent illness before it starts and reverse the aging process to live longer healthier and happier lives beginning with a focus on the foods we eat the author reveals how many diseases and symptoms of aging are the result of inflammation in the body caused by poor diet and a lack of crucial nutrients she explains the top foods to avoid such as refined sugar and the best nutrient rich foods to include along with easy and delicious recipes showing how regenerative medicine treats the roots of aging and disease preventing them before they start she details the regenerative properties of the liver complex explaining the

best ways to detox and reveals how to restore optimal microbe balance in your gut dr lottor explores the regenerative properties of adaptogens herbs and nutraceuticals the unobtrusive healing practices of energy medicine the importance of hormone balance and the concept of living water she also underscores sleep as a core regenerative therapy looking at the most cutting edge research in the rapidly emerging field of regenerative medicine dr lottor examines the potential of stem cell therapies for regeneration of joints and organs as well as for lengthening our dna s telomeres the shrinkage of which is now considered a chief cause of aging she also looks at the science of gene expression epigenetics and how dna can be used as both a health predictor and a tool for preventing inherited diseases including a comprehensive resource section for finding products and practitioners dr lottor offers each of us the necessary tools and information to reverse aging and participate in your own wellness

the author of the best selling reverse heart disease now shares a daily mini fast plan strategically designed to promote weight loss heal metabolisms and lower insulin levels and blood pressure providing a two week sample meal plan and advice on safe exercise habits

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one simple lifestyle change can help reverse metabolic syndrome drop pounds and lower insulin levels and blood pressure the magic secret a clinically proven research backed mini fast that drives the body into an extreme fat burning state called ketosis just skip breakfast then add a simple exercise program to burn even more fat after the mini fast eat normally for the rest of the day focusing on proper portions of lean protein vegetables and low fat low glycemic carbs no counting calories and no hunger learn how to kickstart and stay in ketosis a 2 week sample meal plan with more than 50 easy delicious recipes advice on safe effective exercise habits plus an illustrated guide to the fitness plan success stories from people who have changed their lives with the diet science on how the program helps fight or prevent diabetes arthritis and heart disease provided by publisher

using diet nutritional supplements exercise and other lifestyle changes dr whitaker shows how to prevent or manage high blood pressure without recourse to drugs and their unwanted side effects

pioneers and leaders in the fields of healing wellness nutrition vitamin and mineral therapy exercise physiology and beauty share the wisdom they ve gained to guide all of us to the fountain of youth topics addressed in these succinct essays include how the interactions among nutrition exercise and meaningful work and relationships enhance wellness at every stage how vitamin therapy can guard against chronic disease even into old age how proper nutrition prevents the onset of disease and boosts well being how cultivating relationships eases stress and buffers against disease how meditation and other relaxation practices lead to lifelong wellness how natural strategies enhance beauty at all ages this is a book readers will return to again and again in their personal quests for natural holistic ways to make each moment count as they rack up more days of healthful life from publisher description

dr whitaker reveals that the procedures frequently prescribed by heart doctors bypass surgery angioplasty and catheterization are often unnecessary he offers real alternatives for the heart patient faced with the decision of a lifetime and explains how to use diet exercise vitamins and minerals to reverse heart disease the natural way illustrations and graphs

provides information on alternative treatments for chronic fatigue syndrome fibromyalgia and environmentally induced illnesses

if you experience occasional slips or lapses in memory don t despair most cases of early memory loss are the result of environmental factors lifestyle choices such memory loss is actually reversible whitaker presents basic info on common mental changes that occur with the passage of years he puts to rest some of the myths about aging memory intelligence discusses major risk factors that contribute to memory loss brain drain Ó whitaker then presents his 10 step program to sharpen memory mental edge using vitamins minerals herbs natural hormones smartÓ drugs coupled with proper nutrition exercise sleep he concludes with a summary on how to build your own brain boosting program illustrated

ann louise gittleman bestselling author of beyond pritikin and the 40 30 30 phenomenon helps us establish which fats are good for us how much we need and which ones we should eat daily to help us burn fat and keep weight off an easy weight loss and maintenance program to balance our diets naturally and safely is included

dr julian whitaker's 10 step program to optimize your memory and brain function

20 steps to living longer and healthier right now an international best seller now in paperback includes a guest contribution from harvey diamond author of the best seller fit for life based on the latest research in food and nutrition worldwide the power of superfoods gives you a complete holistic action plan for eating your way to better health superfoods are energy sources which help our bodies run at maximum efficiency reducing the stress and wear on our internal systems discover how taking charge of what you eat can lead to a greater sense of peace and well being better skin tone and hair luster better sleep patterns higher energy improved digestion and improved protection against cancer and age related diseases read about the amazing benefits of water and green drinks 12 food groups high in the anti oxidants your body desperately needs and which foods are best for your immune system learn holistic no dieting weight loss techniques that bring together exercise breathing stress management and superfoods to deliver optimal results for the rest of your life the power of superfoods includes contributions from four of the world's leading authorities in health and nutrition including harvey diamond author of fit for life which has sold more than 11 million copies

ks in a matter of weeks from skin texture to metabolic function readers can make dramatic changes in their lives dr whitaker's 1 rule it's never too late and you're never too old to benefit from the age loss program index charts

a separate appendix contains selected contact resources such as book publishers dance companies literary agencies news syndicates record companies sports teams talent agencies and others this feature can assist users in obtaining information about individuals who may be associated with some of these organizations but are not presently listed in this directory

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