



Horse-Sense Nutrition

Carl Blake

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Fun and fact-filled eater's digest with the manifesto: "liberation from the tyranny of fat"; Everyday nutrition imaginatively designed using fat assets, supreme proteins, and carb addictions and additions; Nutrition is difficult but eating isn't; You are what you eat, sleep, secrete and excrete; Multiple primary causes for fat-gain and primal solutions for fat-loss made intelligible; Recreational calories manifested in three prize-winning dessert recipes prepared in minutes; Promise of permanent fat-loss occurring with small deficits of calorie consumption and small increments of calorie expenditure over time; Good news for fitness-averse eaters. Great news for fitness warriors; Taking advantage of enormous benefits of intense exercise and the equally beneficial period of rest and recovery that follows; The N.E.A.T way to exercise; Nutritional superstars already in your kitchen; Sabotaging nutritional and exercise progress with chronic stress; Harnessing the hormones for fat-loss is powerful strategy; Simple (painless) and effective strategies that target fat-loss; Ease in getting nutritional allotment of vegetables and fruits in your daily feedbag; How to gain muscle and lose fat; What blood sugar and the stock market have in common; Nutritional myths busted; Some of your favorite foods exonerated; Giving your body an oil change; Change of content of calories automatically reduces calories; Cooperate rather than compete with deep biological urges; Human blood and chlorophyll are the same except for one molecule; Become a salad king/queen; Humor and physical transformation are not mutually exclusive.

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