



Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease

By MD Eric R. Braverman

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New research in nutrition and weight loss has revealed an amazing discovery: the brain—virtually neglected in all other diet plans—is the most important organ in dieting. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss—a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry.

In *Younger (Thinner) You Diet*, Dr. Eric Braverman expands upon concepts introduced in *Younger You* to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical imbalance, an addictive disorder, treated successfully only through the combined approach of diet, nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers:

- which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine

- how to choose foods, supplements, teas, and spices—even hormones and medicine—to avoid the effects of other aging organs that can destroy one's metabolism

- how to personalize the diet for specific health concerns, such as heart problems, aging skin, weak muscles, and achy joints

Eliminating the frustration and deprivation of conventional dieting, *Younger (Thinner) You Diet* will help anyone turn back the clock to a slimmer, healthier, younger you.

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Editorial Review

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?*

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.

Users Review

From reader reviews:

Georgia Hernandez:

The ability that you get from *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* could be the more deep you rooting the information that hide into the words the more you get interested in reading it. It does not mean that this book is hard to know but *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* giving you buzz feeling of reading. The author conveys their point in specific way that can be understood by means of anyone who read it because the author of this guide is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this specific *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* instantly.

Christopher Cunningham:

People live in this new day of lifestyle always aim to and must have the extra time or they will get lots of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we request again, what kind of activity do you have when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, often the book you have read is definitely *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease*.

Sandra Bryson:

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease*, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

Jodi Harper:

Is it you actually who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your free time by reading in this new era is common not a geek activity. So what these publications have than the others?

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