



Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good

Manuel Villacorta M.S. R.D. C.S.S.D.

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Eating Free reveals why the prevailing wisdom on weight loss--low-calorie, no carbs, high-intensity exercise--sharply clashes with the facts of human biology and human nature, setting dieters up for failure, again and again. He offers a welcome alternative: a scientifically sound, sensible, effective, and truly pleasurable way of eating.

Why *Eating Free* isn't just another diet book:

Eating Free sheds light on a little-known hormone, *ghrelin*, which controls our hunger (the *need* to eat), drives our appetite (the *desire* to eat), and works to manage our metabolism and ability to burn fat only when it is fed, regularly and well. To keep ghrelin and its power to provoke cravings in check, Manuel Villacorta advocates *eating*--beginning with breakfast, within an hour after waking, and then every three to four hours;

Eating Free also calls attention to the role of sleep in weight loss. Based on studies, ghrelin (and appetite) increases when sleep is reduced to four or five hours a night, from the ideal six to eight hours;

Eating Free urges dieters to welcome back carbs, a macronutrient needed to control ghrelin spikes. The average brain needs 130 grams of carbs per day to function optimally;

The *Eating Free* program achieves *steady, sustainable weight loss*--with an 84 percent success rate among Villacorta's clients. (Other diets, on average, have an 85 percent failure rate!).

Eating Free presents a "newtrition" combination for optimal fuel and quality weight loss: 45 percent carbs, 30 percent protein, and 25 percent fats;

Eating Free refutes the focus on grueling, daily exercise for weight loss. Research shows that losing weight is 80 percent nutrition and lifestyle. Plus, rigorous workouts cause ghrelin to spike, particularly in women;

Eating Free demonstrates that weight loss is about a whole balance of factors, including our stress levels. Cortisol production, due to everyday stress, can be a huge barrier for weight loss. Stress is toxic to our well-being, so self-care isn't just a nice idea; it's essential to effective weight loss;

Manuel Villacorta is on a mission to get Americans *eating with elegance*. Villacorta encourages everyone to eat the way his family dined in his native Peru--taking the time to savor all kinds of food, in moderate portions, and share the joy of eating with family and friends

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From reader reviews:

Ebony Lower:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Ellen Garcia:

Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into pleasure arrangement in writing Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good nevertheless doesn't forget the main position, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information could drawn you into completely new stage of crucial considering.

Charles Stubblefield:

That publication can make you to feel relax. That book Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good was multi-colored and of course has pictures on there. As we know that book Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good has many kinds or style. Start from kids until teenagers. For example Naruto or Private eye Conan you can read and believe you are the character on there. So , not at all of book are make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading which.

Mary Christensen:

As a university student exactly feel bored to be able to reading. If their teacher requested them to go to the library or even make summary for some guide, they are complained. Just tiny students that has reading's internal or real their leisure activity. They just do what the professor want, like asked to the library. They go to there but nothing reading seriously. Any students feel that examining is not important, boring and can't see colorful images on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and

Keep the Weight Off for Good can make you feel more interested to read.

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