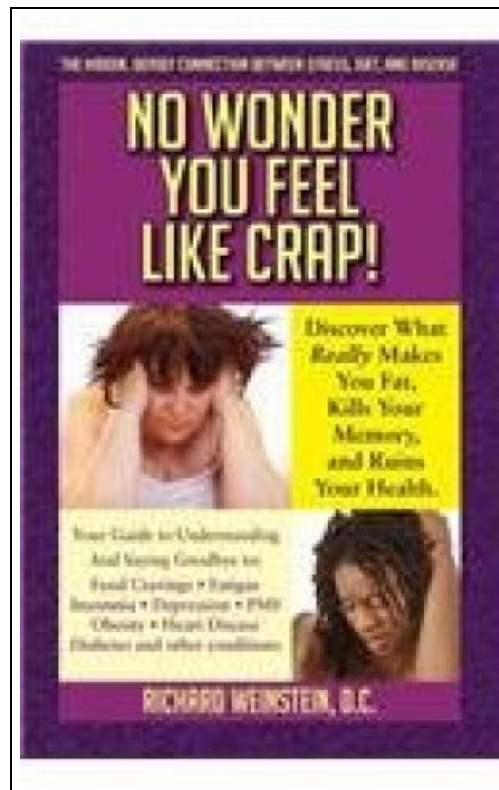


## No Wonder You Feel Like Crap: The hidden, deadly connection between stress, diet, and disease



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*Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Sallie Wiegand)*

## NO WONDER YOU FEEL LIKE CRAP: THE HIDDEN, DEADLY CONNECTION BETWEEN STRESS, DIET, AND DISEASE

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Richard Weinstein. Paperback. Condition: New. 224 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. If you feel trapped in a vicious downward spiral of food cravings, obesity, and ill health, you're not alone. Although several excellent studies and books have made the connection to stress, sedentary lifestyle, and dietary salt, sugar, and fat, they're still missing the critical pieces to unlocking the puzzle of what is really making you sick and without an understanding of those missing pieces, and especially the critical roles of the stress hormone cortisol and internal inflammation—your chances of regaining full health and vitality are not good. In this groundbreaking book, Dr. Weinstein explains in simple terms exactly what goes wrong in our bodies and precisely why our modern lifestyle and poor dietary choices can lead to such a bewildering variety of symptoms and diseases. Once you understand the common factors leading to obesity, illness, and even premature death, the author further empowers you with a commonsense, easy-to-follow program that will show you how to break the cycle of illness and regain and maintain vibrant health. Praise for this book: I believe Dr. Weinstein's work has much to teach us in allopathic medicine. I regret that I was not taught more about diet and the issue of inflammation in medical school . . . I believe this book would be a useful addition to any medical library, and it would be a good book for us medical doctors to have in our waiting rooms for our patients to read and ask us questions about. -Jennifer J. Choate, M. D. Hematology and Oncology Weinstein illustrates the effects of cortisol in a way that is provocative, illuminating, and easy to understand. . . This book will provide those in the helping professions a whole new set of tools to refer to...



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