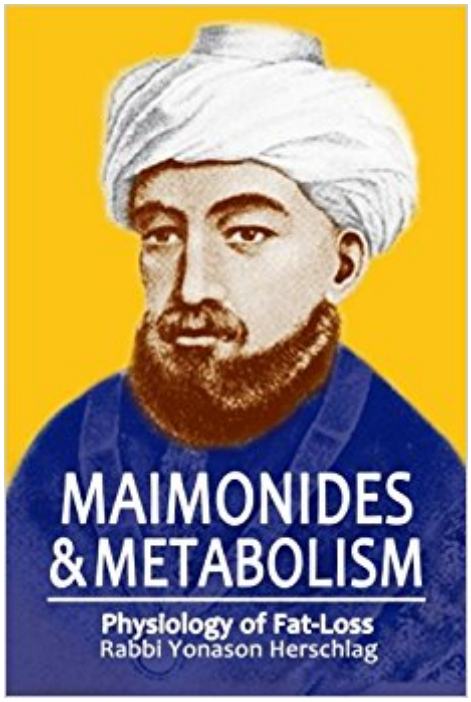
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Maimonides & Metabolism: Physiology Of Fat-Loss



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Synopsis

Get the keys to sustainable weight loss--reduce hunger, speed up metabolism, and transform your body into a fat-burning machine, with a science based approach.Today there is a debate raging among nutritional authorities concerning the timing of breakfast. Some argue that in order to avoid sugar lows and uncontrollable hunger one should eat breakfast shortly after awakening. Others promote the extension of the nightly fast by delaying breakfast.Maimonides & MetabolismÃ Â explains in depth the physiological processes that are overlooked by many mainstream nutritional authorities, like the fact that the hormone cortisol is at its daily peak half an hour after waking up. Studies have shown that insulin resistance is higher shortly after waking as compared to a few hours later, and this is because cortisol is an antagonist of insulin - insulin is anabolic (directing the body to store energy), and cortisol is catabolic (directing the body to release and burn stored energy).Eating a breakfast that includes carbohydrates too early will spike blood sugar levels too much, as the high levels of cortisol won't allow the insulin to lower the blood sugar to balanced levels. High blood sugar then leads to hyperinsulinemia (too much insulin). And simultaneous high levels of cortisol and insulin cause the body to increase the number of fat cells. Hyperinsulinemia also directs the body to store fat, and blocks the body from using stored fat for energy.Maimonides & MetabolismÃ Â delves into the timing of meals and exercise, habituating ourselves (gradually) to the most effective strategies of daily intermittent fasting that alleviates hunger and puts us into the natural fat burning mode.Several chapters go into great detail on macronutrients to arm dieters and dietitians with the understanding needed for sustainable fat-loss.It includes hundreds of cutting edge studies backing up the recommendations of Maimonides and the Talmud, as well as the best proven short-term and long-term dieting methods for fat-loss and improved health. It also includes 16 charts, 14 graphs/diagrams/pictures, 358 footnote references, a glossary and bibliography.Health professionals are hailing it THE Health Bible, recommending this book to their colleagues and patients for its amazing array of insights and solutions.Click on tab "Add to Cart" and begin your journey to freedom from hunger, faster fat-burning metabolism, and get into great shape.GREAT VALUE!!! Chapter 15 gives you a summary of some of the most popular diet books: Atkins, Eat to Live, Paleo, Venice Nutrition Program, Dukan, South Beach, Zone, the Fast Diet, and the American Heart Association's No-Fad Diet. You also receive a physiological analysis of the short and long term effects of each of these diets, and a summary of the pros and cons of each diet, with additional notes and criticisms.The other chapters give you even greater value. You get a summary of the practical lessons of a BA in dietetics + summaries of studies on how certain hormones increase fat cell number, and studies describing how certain

nutrients can help reduce fat cell number + an advanced endocrinology course describing the effects of hormones on metabolism + the greatest pearls of wisdom of the Talmud and Maimonides' diet recommendations, analyzed in the light of the science of physiology.Obtain clarity on how diet affects hormones and metabolism. Become expert in macronutrients. Learn the most successful methods of short and long term sustainable weight loss. Be the first to reveal to your friends the amazing benefits learned from Maimonides & Metabolism. Click on tab "Add to Cart", and BUY NOW!

Book Information

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Customer Reviews

A reconsideration of the physiology of weight loss, supported by the writings of the Jewish philosopher Maimonides. In recent years, discussions about losing weight have been dominated by the protein-carbohydrate duo. Although debut author Herschlag hews closely to the conventional wisdom by recommending a diet low in carbs, he expands the terms of the debate significantly. First, he provides an account of how simple caloric restriction can counterproductively increase oneÃ¢â ¬â„¢s weight. Sustainable weight loss, he says, requires creating a healthy balance among four different hormones: insulin, cortisol, leptin, and ghrelin. Although the effects of insulin on weight management have been widely covered before, the other three hormonal secretions have been comparatively neglected in other books. Here, for example, the author writes that eating too few calories can increase the release of ghrelin, which thereby increases not only hunger but also the production of fat cells. Likewise, he notes, the simultaneous release of insulin and cortisolÃ¢â ¬Â¦

also generates new fat cells. The goal of any good diet, according to Herschlag, should be maximizing the process of apoptosis, or the burning of fat cells, while minimizing the production of new fat cells. This leads to some unconventional counsel; for example, since cortisol levels are at their peak directly after we wake, the author recommends postponing breakfast for three hours. Here and there, Herschlag observes points of agreement between his scientific findings and the ancient writings of the Jewish sage Maimonides... Although much of the practical advice ends up treading familiar ground, this is a considerably deeper and more rigorous treatment of the subject than normally offered. Its appraisal of some of the more popular diet fads is also helpful. Readers looking to understand all the factors in weight-loss management will find this a good supplement...Ã¢â ¬Â• --This text refers to the Hardcover edition.

"Your ideas are interesting and I agree that avoidance of meals shortly before bedtime is likely a good practice, although I am not sure if there have been controlled experiments documenting specific beneficial effects." "Some of the benefits of an early dinner that you have articulated seem logical and I expect that they are correct." John E. Hall, PhDArthur C. Guyton Professor and ChairDepartment of Physiology and BiophysicsDirector, Mississippi Center for Obesity ResearchUniversity of Mississippi Medical Center"As a dietitian with several decades of experience, I find Maimonides and Metabolism a most valuable, informative, and helpful addition to my professional library. I am already implementing some of its guidelines in my clinical practice. The studies and theory presented concerning insulin resistance and the hormone cortisol in relation to the timing of breakfast and exercise convinced me of the importance of exercising before breakfast. Definitely a most worth while read for dietitians and health enthusiasts alike!" Elana M. Kideckel, M.S., R.D., Clinical Dietitian"Awesome, smooth read. Well referenced. Difficult material made easy to understand. Well done!" Shahar Zadok, DC."THE Health Bible for Today & Now, a magnum opus. I have carried it through many cities in my travels ready to consume or review more." Roxan Hupert, OTR, MSW, Certified yoga instructor, Certified craniosacral therapist, Health consultant and diet coach."Scientific and informative explanations. Combined with the principles culled from Maimonides and the Talmud, I believe that the mixture of diet and exercise that the author recommends could well help with long term sustainable weight loss." Yisrael Levitt, MD."Well written and clear. Very informative, thoroughly researched, many citations, and easy to understand." Sharon Biller, RN.Rabbi Yonason Herschlag’s Maimonides and Metabolism is an interesting blend of the physiology and biochemistry of weight loss, plus historical perspectives from medical sage Moses Maimonides. In his well-researched book, Rabbi Herschlag reviews the pros and cons of the

most popular diet plans and provides a detailed explanation for his optimal dietary and lifestyle recommendations. Amanda Levitt, ND

This book reads like a text book, and takes a lot of stamina to get through. It is not for the faint of heart. However, it includes extensive amount of research and some ideas I hadnÃƒÂ¢Ã â ¬Ã â„¢t heard of to lose fat (not weight). Many of the recommendations originate from Maimonides, a doctor who lived 900 years ago (hence the title) which seems a bit hokey, but the author shows that MaimonidesÃƒÂ¢Ã â ¬Ã â„¢ recommendations are in line with current scientific research.He includes a review of the most common diets; the pros and cons and criticism of each. If you have experienced weight loss on certain diets, and then gained back the weight and more, you will understand why from this book. The author explains how your hormones work to defeat you. Instead of prescribing a specific diet, he recommends ÃƒÂ¢Ã â ¬Ã Å“diet and exercise policies,ÃƒÂ¢Ã â ¬Ã Â• including a way of intermittent fasting, and a temporary fat loss plan. It demands more initiative from the reader to decide how to implement his policies and to what extent, but he recommends gradual changes to sustain fat loss.Some of his ÃƒÂ¢Ã â ¬Ã Å“diet and exercise policiesÃƒÂ¢Ã â ¬Ã Â• are useful and you can apply right away. For example, the author talks about the advantage of eating a ÃƒÂ¢Ã â ¬Ã Å“late breakfast,ÃƒÂ¢Ã â ¬Ã Â• at least 3 hours after you get up. I used to eat breakfast even though I wasnÃƒÂ¢Ã â ¬Ã â„¢t hungry because it was the ÃƒÂ¢Ã â ¬Ã Å“right thing to do.ÃƒÂ¢Ã â ¬Ã Â• Then IÃƒÂ¢Ã â ¬Ã â„¢d be famished 2 hours later. Now I know why; apparently my cortisol level is high in the morning, and it is better not to eat right away. I can eat 3 hours later, without harming my body. Now I donÃƒÂ¢Ã â ¬Ã â„¢t force my daughter to eat breakfast when she is not hungry, I let her eat when it is morning snack time at school. It makes sense to eat when you are hungry, and I realize now it isnÃƒÂ¢Ã â ¬Ã â„¢t skipping breakfast to eat a ÃƒÂ¢Ã â ¬Ã Å“late breakfast.ÃƒÂ¢Ã â ¬Ã Â• This book encourages you to think for yourself and you are free to pick and choose the ideas you want for your lifestyle. I like that the author tells you to change your lifestyle gradually. There is a lot of information in the book about physiology. Some of it is a bit dry, not very entertaining, but you can skip the very scientific stuff because it is in appendices, and you will not miss the flow of ideas. I thought the tables were very helpful, such as one on which foods make you most full.

Very enjoyable and informative, written in an easily understandable, engaging style, while effectively making his points even for the novice to comprehend. I look forward to additional books from this author.

This is a must read for anyone seriously considering a long term solution to his weight problem.

Written for intelligent consumers and well worth the time investment. I read the Rabbi's book two and half months ago and implemented a three to six hour fast before breakfast, a four hour fast before bedtime, added Calcium and Vitamin D, Vitamin A, BCAA supplements for days when there is aerobic exercise before breakfast. I already lift weights several times a week. I've lost two inches of waistline without effort. This book outlines research-based lifestyle changes that are easy to implement and yields immediate results in the area of appetite and food cravings.

An amazing book!

Lot of information. Well written

Good book. Unusual approach. Information in it I have not seen elsewhere.

There is a lot of great information in this book. Hearing this information from a different perspective is enlightening.

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