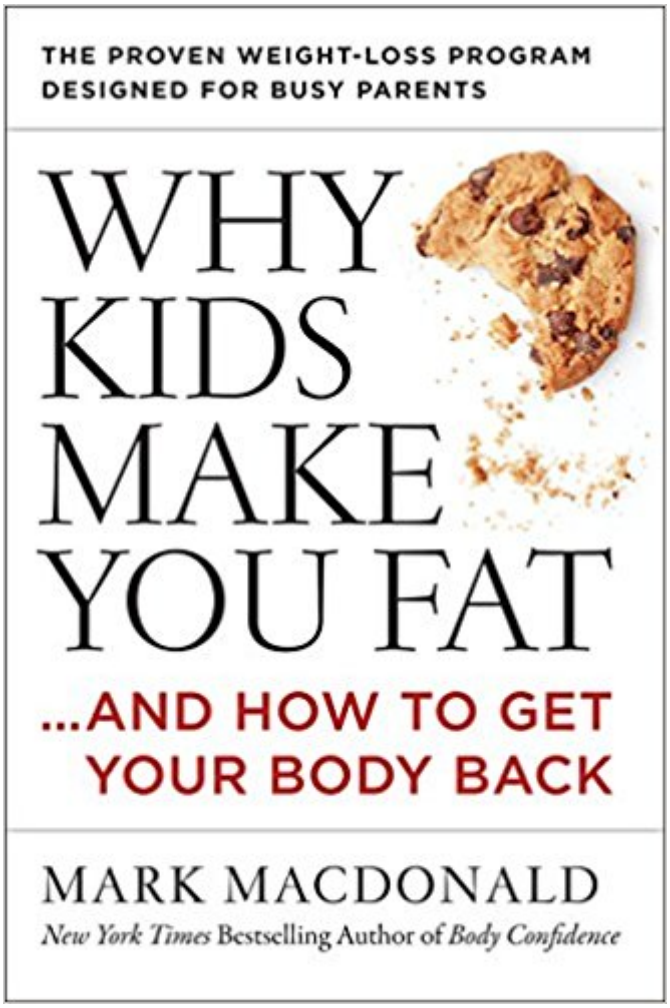
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Why Kids Make You Fat: Ã¢â,¬Â¦and How To Get Your Body Back



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Synopsis

It's no secret that most of us get flabbier the older we get, and it's no surprise that the biggest spike in weight happens in the early stages of parenthood. Mark Macdonald knows the struggle himself, having gained thirty-five pounds after the birth of his son. It happened to him even as a nutritionist and former fitness model, so he knew he wasn't alone in the struggle. Along with his wife, Abbi, Mark has created this proven eight-week program specifically geared toward parents to help them shed the weight, discover new amounts of energy, and most importantly, create new sustainable habits to keep it from coming back.

Book Information

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Customer Reviews

Ã¢â ¬Å“MacdonaldÃ¢â ¬â„¢s amiable voice, combined with impressive before-and-after pictures of clients, will motivate parents hoping to drop pounds and live healthfully.Ã¢â ¬Â• (Publishers Weekly)

Our children are bundles of joy who enhance our lives in innumerable ways. We love them beyond question. But let's be honest . . . they take a lot of time. For most of us, that means less regular workouts and not enough time to prepare healthy meals at home. It's a struggle just to get to the gym once a month and put nutritious food on the table. Even worse for your waistline are those tempting snacks in the fridge and the little extras kids leave on the plate.Mark Macdonald knows this firsthand. A New York Times bestselling author, nutritionist, and fitness guru, he gained thirty-five

pounds in the two years after the birth of his son. For women, like his wife, Abbi, it is even harder . . . they have to gain weight with each pregnancy, and then attempt to shed those pounds in the midst of stressful demands from the newbornÃ¢â ¬â •and often a severe lack of sleep. But we all face a choice: when we notice those pounds packing on, will we evolve, make changes, and reclaim our health? Or will we allow our health to enter that awful downward spiral?Mark and Abbi know it is possible to reclaim your body, even in the throes of parenting. With this eight-week program, Mark has helped thousands of parents lose up to thirty pounds and rediscover the energy they thought was gone for good. The step-by-step program has three phases: Phase One, Detox, cleanses your body and helps you lose your bloat. Phase Two, Ignite, burns fat and melts your belly. Phase Three, Thrive, reprograms your metabolism and allows you to incorporate this new way of eating into a sustainable and enjoyable lifestyle.With a comprehensive diet plan, specific workout regimen, everyday strategies to help parents lose the weight, and incredible success stories with before and after photos, Why Kids Make You Fat . . . and How to Get Your Body Back is a book that will help parents look and feel better than they did even before the kids came along.

I became an avid follower of Mark Macdonald’s program 7 years ago and it totally changed my life and how I think about my food and my health. I was a chronic dieter and had done virtually every program out there..and failed! I grew up watching my Mom diet. When I saw her eating cottage cheese and peaches..I always knew she was "dieting." I had been taught no other way. Restriction and flavorless bland food was the prescription I had been told was the "magic" and if I followed the plan long enough and fought through the hunger hard enough, I would reach my goal. Right?....wrong! Diets and restriction....and my biggest challenge is that I loved food!.... I loved to cook, and loved to entertain and eat out in restaurants. I DID NOT like being hungry and my husband really didn’t like my grumpiness from that hunger. I had thyroid challenges, I was tired and low energy..and extremely frustrated! AndÃƒÂ¢Ã â ¬Ã Â| I really felt like a failure....I believed I had no will power, no discipline and no focus. Why could I not "diet" long enough to reach my goals?? I needed to find a better way to live.What I realized from following Mark’s plan is that "I" was not the problem. The system was broken and I had been trying to achieve a goal through a process that was absolutely broken. This is when I was introduced to the physiological science of blood sugar stabilization. SimpleÃƒÂ¢Ã â ¬Ã Â|eating in 3Ã ƒÂ¢Ã â ¬Ã â„¢sÃƒÂ¢Ã â ¬Ã Â|Protein/Fat/Carbs and eating small meals of my choice all day. No Ã ƒÂ¢Ã â ¬Ã Å“good foodÃƒÂ¢Ã â ¬Ã Â•Ã ƒÂ¢Ã â ¬Ã Â|no Ã ƒÂ¢Ã â ¬Ã Å“bad foodÃƒÂ¢Ã â ¬Ã Â•Ã ƒÂ¢Ã â ¬Ã Â|Just choicesÃƒÂ¢Ã â ¬Ã Â|MY choices. No more

restriction...No more cravings...No more deprivation....ANDÃƒÂ¢Ã â ¬Ã Â¦.NO more failure. I achieved my goals and still live this program every day. TrulyÃƒÂ¢Ã â ¬Ã Â¦a life changer. ÃƒÂ Ã Â•Ã Å Mark's first book, Body Confidence is simply amazing and is now being followed by this newest book....geared toward parents and very busy people with an even more simple approach. ItÃƒÂ¢Ã â ¬Ã â„¢s a must read for anyone that has lost hope with their endless attempts at ÃƒÂ¢Ã â ¬Ã Å“dieting.ÃƒÂ¢Ã â ¬Ã Â•

Since entering the fitness industry in 1986 and even before becoming a certified and licensed Nutritionist three and a half years ago, I have always operated and taught that giving up everything you love is not the answer. There has to be a balance in oder for success to be achieved. When I first heard about Mark Macdonald's program (outlined remarkably well in his first book, Body Confidence), teaching blood sugar stabilization rather than dieting, I remember thinking "...this is something everyone can do and have success with." and that's exactly what happened. "Why Kids Make You Fat.." is sure to be an even bigger success as it goes even further, outlining the program in an easy to follow step by step layout. The best part of this program is not only do people become aware of how food is metabolized and used in their bodies, they are educated on how to eat the foods they love correctly to achieve their weight loss and health and fitness goals and maintain them for life. I have placed a bulk order to share with my clients, giving them something to enhance and follow up their program with. Many people have tried diet after diet, with little or no success, leaving them depressed, unhealthy and often feeling like a failure. It's time to realize that you are not the failure, the diet failed you. If you or someone you know needs to stop yo-yo dieting once and for all, I recommend you give them, or yourself, this book. Read it, apply it and begin taking back control of your health. Tania Gustafson, Nutritionist & Fitness Coach (IBNFC)

This compelling book is written with heart and soul. Living this Plan of eating every 3 hours (Protein,fats and carbs-PFC) has changed my life. As a formerly obsese woman weighing almost 300 lbs..I made a commitment ..The COURAGE to TRY... Unable to tie my shoes, bend down or do simple things people take for granted. 13 months later, I have lost 110 pounds, over 72 inches and transformed inside and out with normal blood pressure, BMI close to average range and lower body fat. My Courage turned into CONFIDENCE 1% at a time. Mark Macdonald has created a page turning book to change your mindset and backs it up with testimonies of Parents who have transformed and paved the way for future generations. . Mark's inspiration gives HOPE to help everyone get healthy with a lifestyle filled with energy and a zest for life ! Gifting this book to loved

ones and friends is priceless! Especially love the amazing recipes to help you keep your menu creative and on plan. Knowledge is powerful, but Mark Macdonald's wisdom shows YOU how to use it!

I highly recommend this book to everyone. This is not just for parents but for busy people. I have taken this journey and have followed the plan and I must say at 46 I feel amazing and look great. I gave this book 5 stars because this can end the diet madness and help so many people get their health and life back. I have bought multiple books to share with my clients. Super excited.

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