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The Prime: Prepare and Repair Your Body for Spontaneous Weight Loss

Kulreet Chaudhary

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LOSE WEIGHT, GET SHARPER…NO DIET REQUIRED
Integrative neurologist Dr. Kulreet Chaudhary discovered a beautiful side effect to the eating and lifestyle tools she gave her brain patients--shedding excess pounds. In this, her first book, she shows readers that weight gain is a result of the body being in a toxic, inflammatory state. If your body is not prepared or 'primed' for weight loss, you will fight an uphill biochemical battle, and the odds of succeeding are slim. So she's reverse engineered our way of eating, so we can stop dieting backward and start succeeding instead.

Using a blend of cutting-edge science and ancient wisdom, Dr. Chaudhary has crafted a plan like no other. In it, she shares:
--The importance of neuroadaptation, food addiction, and the brain (or, why it's not your fault that dieting has been so hard in the past!)
--Why it's not what you eat, but what you digest
--How to determine if you have a Leaky Brain—and what The Prime can do about it (hint: everything)
--The 4 Stages of the Prime

1. Activate a Biochemical Shift
2. Crush Cravings (No Willpower Required)
3. Ignite Energy and Fat
4. Biohack Your Lifestyle Habits

…and how they'll help you spontaneously shed pounds, by adding (not subtracting) simple teas and supplements and without giving up any foods you love.
--Lastly, you'll learn how to live fully Primed, the secrets of the Super-Primed, and, when you're ready to explore new foods, how to eat according to your unique constitution.

Includes a PDF with recipes, quizzes, a cravings journal template, and some instructional boxes.

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Vicki Allen:

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Pamela Edmonds:

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