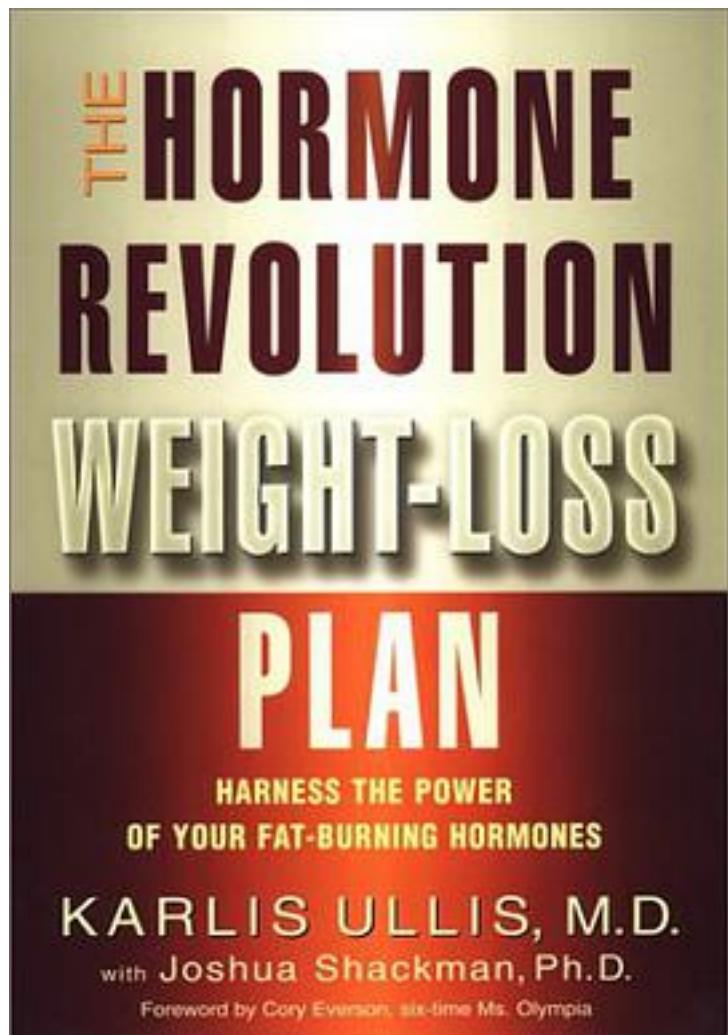


# Hormone Revolution Weight-Loss Plan



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著者:Karlis Ullis,Joshua Shackman

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From Publishers Weekly Simple calorie counting often fails-and cutting back on certain

foods "can actually make you fatter"-because these strategies ignore the role of hormones, according to this fact-filled but readable weight-loss primer. Ullis, a physician specializing in sports and anti-aging medicine, details the myriad ways in which hormones like testosterone, insulin, and human growth hormone influence (and are influenced by) fat metabolism, exercise nutrition, sex drive, sleep patterns and aging. He argues that diet and exercise plans often end up burning muscle instead of fat because they don't allow for these effects, and outlines meal plans, recipes, work-out regimens and nutritional supplements that take hormones into account. Ullis's advice is ultimately not all that revolutionary: he recommends weight-training along with aerobic exercise, and an Atkins-like diet of limited portions low in starch and high in vegetables, poultry and fish. But he does insist on a rather strict scheduling of meals, workouts and supplement popping to ensure optimal hormone levels (starch and sugar, for example, should be ingested only during a 30-60 minute "Magic Window" after one's daily workout), along with meticulous food and exercise logs; some readers may find all the synchronization and record-keeping inconvenient. His suggested hormone-boosting nutritional supplements are more controversial (he butts heads with the FDA on some of them) so readers should consult a physician before taking them. Copyright 2002 Reed Business Information, Inc. Book Description Karlis Ullis, M.D., is an international authority on sports medicine and anti-aging medicine. In *The Hormone Revolution Weight-Loss Plan*, he brings his expertise on aging to weight loss. In fact, Ullis's clinical experience reveals that weight gain is a leading cause of premature and accelerated aging. This effective, sensible plan is designed for both men and women and shows how to turn hormones into powerful allies in the battle against weight gain, especially when it occurs around middle age. Because hormones regulate everything from metabolism and appetite to libido and energy levels, no weight-loss program can work long-term unless it factors in the crucial role of our natural hormones. Traditional calorie-restricted regimens wreak havoc on the body's delicate hormone balance, often lowering testosterone, thyroid hormone, growth hormone, and other hormones that play a key role in fat loss, muscle gain, and increased energy. The Hormone Revolution Plan teaches precisely what to eat as well as when to eat in relation to the timing of exercise, physical activities, and sleep. Dr. Ullis views carbs as essential for sustaining energy, and he explains when they can be eaten for optimal fat-burning hormonal effects. Dr. Ullis has developed an all-natural, drug-free program to help world-class athletes harness the power of their body's own hormones. Now this same plan has been adapted so anyone can "hormonally charge" their weight-loss plan. See all Editorial Reviews

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