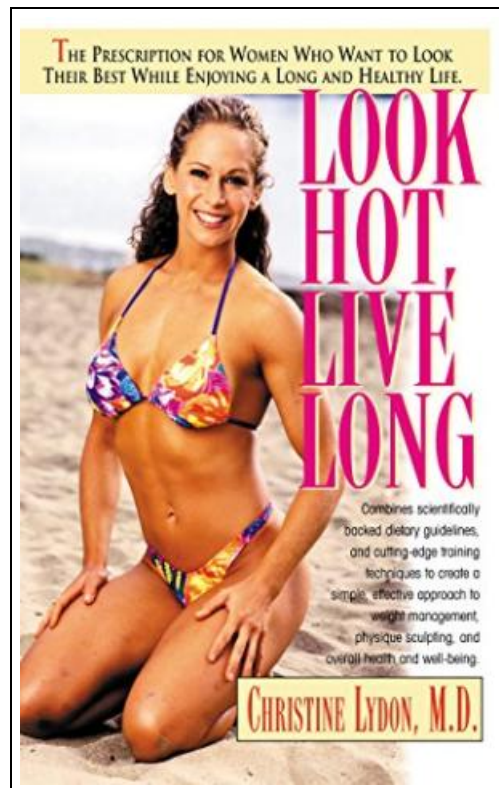


Look Hot, Live Long The Prescription for Women Who Want to Look Their Best While Enjoying a Long and Healthy Life



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Reviews

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LOOK HOT, LIVE LONG THE PRESCRIPTION FOR WOMEN WHO WANT TO LOOK THEIR BEST WHILE ENJOYING A LONG AND HEALTHY LIFE

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Paperback. Book Condition: New. Paperback. The best way to cure illness, as renowned nutritionist Dr. Christine Lydon explains, is to prevent it. And illness prevention begins with good nutrition, weight management, and fitness. Look Hot, Live Long offers Dr. Lydons simple, proven prescription for women who want to look their best, feel their best, and live a long, healthy life. Using scientifically supported dietary guidelines, cutting-edge training techniques, and practical strategies for incorporating both into daily life, Dr. Lydon explains how we can manage (and lose) weight, tone the body, and promote overall health and well-being simply and successfully. In her program eating right is not synonymous with deprivation and suffering, and staying active does not entail long hours devoted to a human hamster wheel. Part One, which focuses on nutrition, assists readers in improving their nutrition IQ, explaining first how the body uses macronutrients-carbohydrates, protein, and fat-and then how to turn those physiological processes to a health-endowing purpose. Readers will learn strategies for successful dieting as well as dietary techniques to support the heart, bones, digestive system, and mental health, and to combat cancer. In Part Two, which focuses on strength training and physique sculptin, Dr. Lydon explains why strength training is an integral element of fitness and health. Readers will find answers to common concerns women have about strength training, such as the time commitment necessary to participate. Theyll also learn how to design a weight-lifting program for maximum benefit, whether they want to tone the body, increase stamina, improve athletic performance, andor bulk up. Dr. Lydons Appendices offer an encyclopedic reference of healthful foods broken down by macronutirent group and serving size, a glycemic index of common carbohydrate sources, and a variety of strength-training routines to optimize muscle tissue development. This item ships from multiple locations. Your...



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