

AC: The Power of Appetite Correction

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17
PRACTICAL TOOLS
TO RESET YOUR
APPETITE

STOP THE STRUGGLE OF WILLPOWER VS. APPETITE. GET CONTROL. LOSE WEIGHT. GAIN HEALTH.

BERT HERRING, MD

AUTHOR OF THE FAST-5 DIET AND THE FAST-5 LIFESTYLE

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Description :

Appetite Correction (AC) is a revolutionary new focus in weight loss based on years of user experience with Dr. Bert's ground-breaking guide to daily intermittent fasting, The Fast-5 Diet and the Fast-5 Lifestyle. AC means getting your body's appetite center working again, so not only do you lose excess fat, you lose it without being hungry, and once you've lost the weight, it stays off if you maintain the flexible, low-effort AC lifestyle. When the appetite center is working properly, you don't want to eat more than you need. A working appetite center means you recover control over food no calorie counting is required - your appetite center does the counting automatically no food is off limits! Even wine, beer, and candy are allowed people who adopt an AC eating schedule save money and time! (see below for details) You work with your body instead of fighting it! Hundreds of AC/Fast-5 2016 survey respondents reported average sustained weight loss of 44 pounds! 2500 saved annually on food costs! 9 hours saved weekly! Learn how in AC The Power of Appetite Correction, which provides 17 non-drug, non-surgical lifestyle tools that have worked for countless people to reduce appetite, so they experience

As The Power Of Appetite Correction

Джин Стивенс



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AC Bert Herring,2015-10-13 **A Timekeeper's Guide To Weight Loss** Donna Dube, MS, RN,2018-12-15 A Timekeeper's Guide to Weight Loss is a revelation for anyone who wants to reverse the impact of being overweight Intermittent fasting is the holy grail we have been searching for This book will change the way you view weight loss and food You will learn how to lose weight and to get healthier If the low fat low calorie advice is right why are our waistlines expanding Did you know that the CDC estimates that obesity impacts 93.3 million US adults Intermittent fasting is a weight loss plan with added health benefits increased energy enhanced mental focus decreased diabetes risk and reduction of Alzheimer's Disease and some cancers It also slows the aging process In this book you will learn to become a timekeeper on your weight loss journey decrease circulating insulin become a fat burner and restrict when you eat not what you eat Enjoy your food without guilt May the fast be with you **Dr. Bert's D.I.E.T. AC Toolbook** Bert Herring,2016-04-23 The AC ToolBook is Dr Bert's 31 day planner tracker that helps you stay on track with self improvement initiatives including weight loss and the author's Appetite Correction tools and D I E T Did I Enrich Today Daily Intake of Essential Things program The simple but sophisticated AC ToolBook is a bit like having an interactive smartphone app to help you maximize your health and reach your personal goals The AC ToolBook is packed with features to help make every day the best it can be 5.5 x 8.5 size 90 pages LI versatile to do list management using readily available Post-it Notes not included room for 31 entries in each book so each ToolBook can hold a full month of daily entries daily checklists to help you make the most of each day a day planner with parallel actual column for notes on how you spent your time so you can track distractions improve your efficiency and see where your time goes an end of day review to support daily healthy enrichment a page for setting and reminding yourself of short term and long term goals every 10 entries a Looking Back Looking Forward entry provides an opportunity to look at how you've been doing and make adjustments so you stay on track tracking pages for keeping a daily record of anything you choose to track weight spending calorie intake steps taken distance walked or run etc sample affirmation expressive meditative coloring pages AC tool reminder for tools described in Dr Bert's AC The Power of Appetite Correction stress meters to help you gauge the impact of stress on your life and health and make changes to reduce excess stress daily radar quickly summarizes the quality and quantity of all kinds of activities in your day and guides you toward a healthy balance occasional reminders to help you achieve or maintain financial health and goals bright cover design provides a visual reminder to enrich your life one day at a time The ToolBook's compact size means you can neatly store your ToolBooks after you've used them When you look back at them years from now even decades you'll still have a compact easily readable record of your goals plans challenges and events that didn't get lost with every app change or cellphone upgrade The Flow Edition incorporates flow as the theme for the cover the sample affirmation and the expressive meditative coloring pages **Ешь, голодай, повторяй** Джин Стивенс,2023-03-27 40 28 PDF A4 *Dr. Bert's D.I.E.T. AC Toolbook* Bert

Herring,2016-06-02 The AC ToolBook is Dr Bert s 31 day planner tracker that helps you stay on track with self improvement initiatives including weight loss and the author s Appetite Correction tools and D I E T Did I Enrich Today Daily Intake of Essential Things program The simple but sophisticated AC ToolBook is a bit like having an interactive smartphone app to help you maximize your health and reach your personal goals The AC ToolBook is packed with features to help make every day the best it can be 5 5 x 8 5 size 90 pages versatile to do list management using readily available Post it r Notes not included room for 31 entries in each book so each ToolBook can hold a full month of daily entries daily checklists to help you make the most of each day a day planner with parallel actual column for notes on how you spent your time so you can track distractions improve your efficiency and see where your time goes an end of day review to support daily healthy enrichment a page for setting and reminding yourself of short term and long term goals every 10 entries a Looking Back Looking Forward entry provides an opportunity to look at how you ve been doing and make adjustments so you stay on track tracking pages for keeping a daily record of anything you choose to track weight spending calorie intake steps taken distance walked or run etc sample affirmation expressive meditative coloring pages AC tool reminder for tools described in Dr Bert s AC The Power of Appetite Correction stress meters to help you gauge the impact of stress on your life and health and make changes to reduce excess stress daily radar quickly summarizes the quality and quantity of all kinds of activities in your day and guides you toward a healthy balance occasional reminders to help you achieve or maintain financial health and goals bright cover design provides a visual reminder to enrich your life one day at a time The ToolBook s compact size means you can neatly store your ToolBooks after you ve used them When you look back at them years from now even decades you ll still have a compact easily readable record of your goals plans challenges and events that didn t get lost with every app change or cellphone upgrade The Spirit Edition incorporates spirit as the theme for the cover the sample affirmation and the expressive meditative coloring pages

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