

# Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease

By MD Eric R. Braverman

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New research in nutrition and weight loss has revealed an amazing discovery: the brain—virtually neglected in all other diet plans—is the most important organ in dieting. Dieters can actually lose weight by eating foods, nutrients, teas, and spices that change the chemical balance of the brain for permanent weight loss—a major factor contributing to how quickly the body ages. In fact, everyone can take years off their age by changing their brain chemistry.

In *Younger (Thinner) You Diet*, Dr. Eric Braverman expands upon concepts introduced in *Younger You* to present a totally new approach to lifelong weight management, where the key is not found in counting carbs, fat grams, or calories. Obesity is a brain chemical imbalance, an addictive disorder, treated successfully only through the combined approach of diet, nutrients, and hormones. One of the foremost experts in integrative medicine, known for his work on the brain-body connection, Dr. Braverman teaches readers:


- which foods naturally boost the body's production of dopamine, the chemical in the brain that tells the body to start its fat-burning engine

- how to choose foods, supplements, teas, and spices—even hormones and medicine—to avoid the effects of other aging organs that can destroy one's metabolism

- how to personalize the diet for specific health concerns, such as heart problems, aging skin, weak muscles, and achy joints

Eliminating the frustration and deprivation of conventional dieting, *Younger (Thinner) You Diet* will help anyone turn back the clock to a slimmer, healthier, younger you.

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### Editorial Review

#### Review

“Dr. Braverman identifies the missing component of addictive eating--imbalances in your brain chemistry. His program corrects the problem and makes it possible to stick to his and other great dietary programs for thinness and your health.” ?*Nicholas Perricone, MD, FACN, Assistant Clinical Professor of Dermatology at the Yale University School of Medicine, and author of the bestsellers The Wrinkle Cure and The Perricone Prescription*

“Dr. Braverman has done it again. With his keen understanding of the workings of the brain and each individual's different brain requirements, he is able to rev up your brain metabolism to increase energy and burn body fat. It works, it's easy, it's long-lasting and leads to life-long good health. This is no fad diet. This is good science and powerful. If you haven't been able to crack the code of your personal weight loss you will find the answers here. Say goodbye to unwanted weight forever.” ?*Suzanne Somers, author of 18 books, including the latest New York Times bestseller Breakthrough: Eight Steps to Wellness*

“The epidemic of obesity in this country portends a significant increase of serious health problems?diabetes, heart disease, metabolic syndrome, and even dementia and cancer. Dr. Braverman's solution?emphasizing the consumption of herbs, spices, and teas to alter brain and body metabolism promises to reshape our culture and our waistlines.” ?*Isadore Rosenfeld, MD, FACP, FACC, Rossi Distinguished Professor of Clinical Medicine at New York Weill Cornell Medical Center, and author of Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat?*

#### About the Author

**ERIC R. BRAVERMAN, MD**, is the best-selling author of *Younger You* and director of the PATH Medical Center and PATH Foundation.

### Users Review

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#### **Boris Hansen:**

The experience that you get from *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* is a more deep you looking the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to comprehend but *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* giving you joy feeling of reading. The copy writer conveys their point in specific way that can be understood through anyone who read this because the author of this reserve is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We suggest you for having this *Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease* instantly.

**Ira Gonzalez:**

Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease can be one of your basic books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease yet doesn't forget the main point, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial pondering.

**Dolores Parker:**

Many people spending their time frame by playing outside using friends, fun activity using family or just watching TV all day every day. You can have new activity to enjoy your whole day by reading a book. Ugh, you think reading a book can actually hard because you have to take the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Mobile phone. Like Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease which is obtaining the e-book version. So , why not try out this book? Let's see.

**Mark Montague:**

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