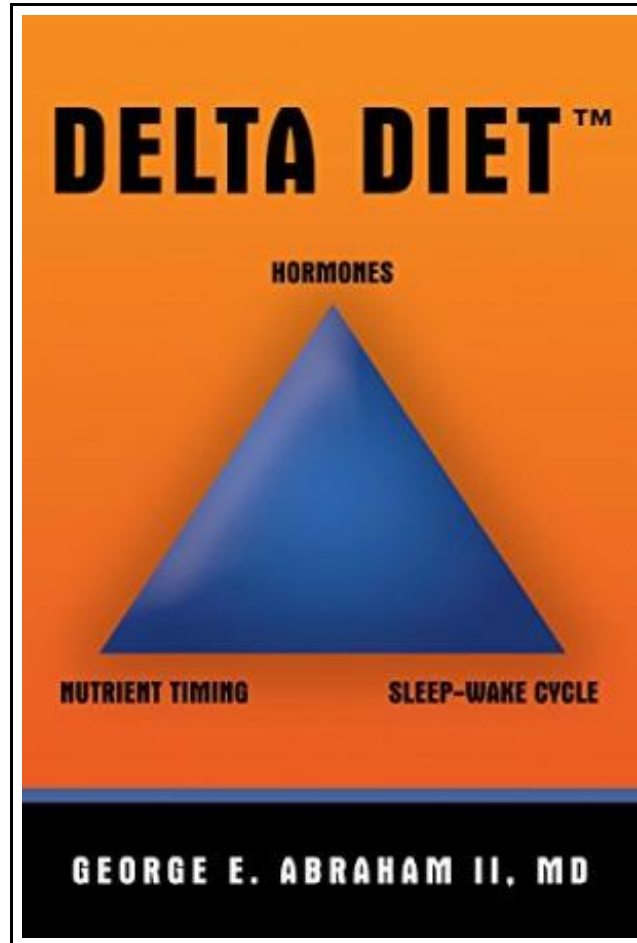


Delta Dieta (Paperback)



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Reviews

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Trafford Publishing, Canada, 2010. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.The Delta Diet is a weight management program based on utilizing natural daily body hormone cycles (Circadian rhythm) to achieve and maintain an ideal body weight range without resorting to medications, surgery, or other drastic measures. The term Circadian rhythm refers to a daily rhythmic activity cycle based on a 24-hour rhythm. The program is based on the triad of hormones, nutrient timing, and the Circadian sleep-wake cycle. If implemented faithfully, this program will usually produce results in a few weeks to a few months, and the results can be maintained indefinitely. All the hormones that control our metabolism fluctuate according to a 24-hour cycle. Understanding these hormone cycles holds an important key to good health, including weight control. Delta Diet will explain how our daily hormone fluctuations control metabolism, and how the knowledge of these fluctuations can be used to our advantage to achieve and maintain a healthy weight, while at the same time promoting good health in general. Application of the principles presented here will help a motivated person to achieve their goal of normal weight and good health on a long-term basis.



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