

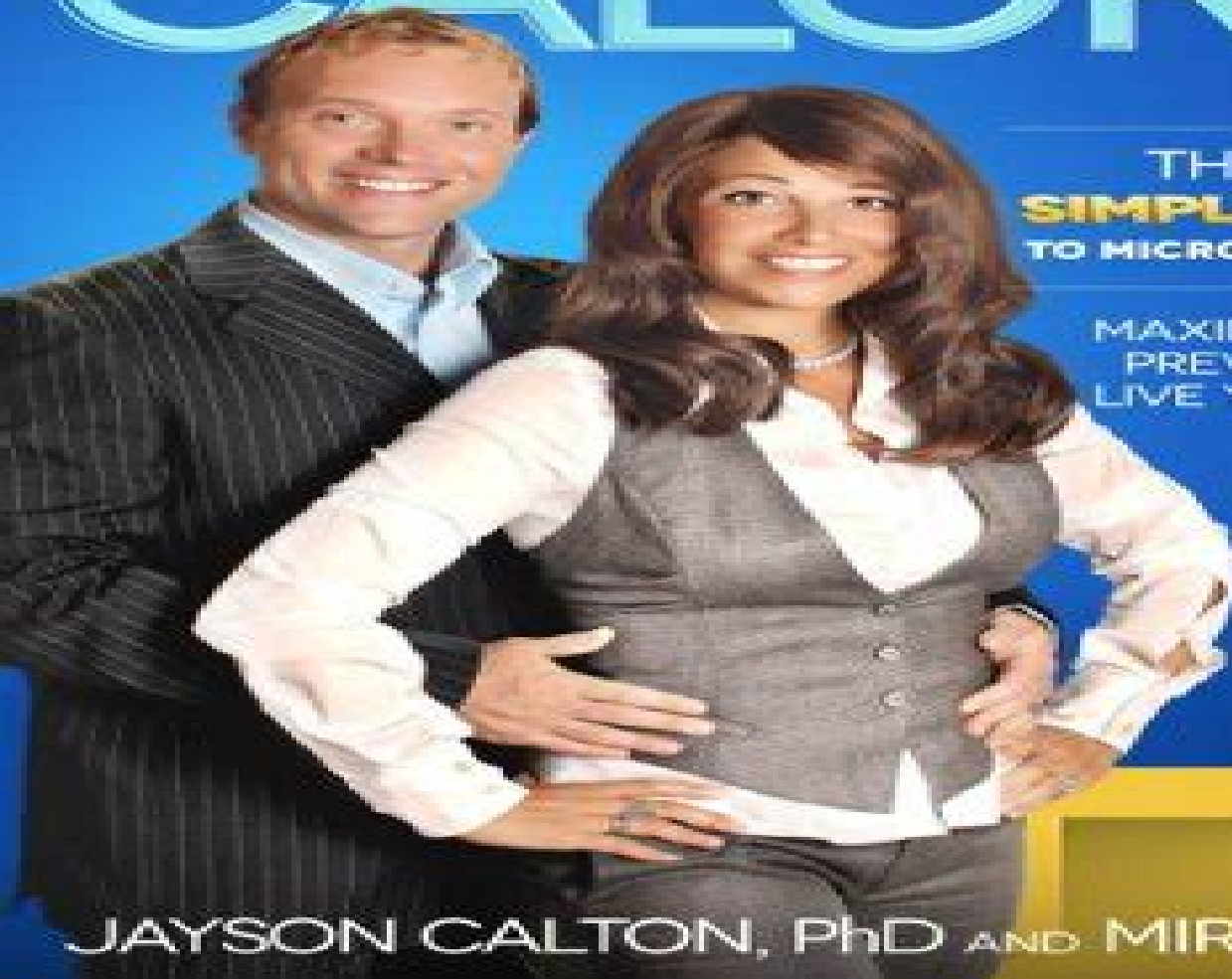
FOREWORD BY **DIANE SANFILIPPO**, AUTHOR OF **PRACTICAL PALEO**

FROM THE AUTHORS OF **RICH FOOD POOR FOOD**

NAKED CALORIES

THE CALTONS'
SIMPLE 3-STEP PLAN
TO MICRONUTRIENT SUFFICIENCY

MAXIMIZE WEIGHT LOSS,
PREVENT DISEASE, AND
LIVE YOUR OPTIMAL LIFE



JAYSON CALTON, PhD AND MIRA CALTON, CN

Naked Calories The Caltons Simple 3 Step Plan To Micronutrient Sufficiency

Terry Wahls M.D., Eve Adamson



Naked Calories The Caltons Simple 3 Step Plan To Micronutrient Sufficiency:

The Wahls Protocol Terry Wahls M.D., Eve Adamson, 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor researcher and sufferer of progressive multiple sclerosis MS whose TEDx talk is already a web sensation Like many physicians Dr Terry Wahls focused on treating her patients ailments with drugs or surgical procedures until she was diagnosed with multiple sclerosis MS in 2000 Within three years her back and stomach muscles had weakened to the point where she needed a tilt recline wheelchair Conventional medical treatments were failing her and she feared that she would be bedridden for the rest of her life Dr Wahls began studying the latest research on autoimmune disease and brain biology and decided to get her vitamins minerals antioxidants and essential fatty acids from the food she ate rather than pills and supplements Dr Wahls adopted the nutrient rich paleo diet gradually refining and integrating it into a regimen of neuromuscular stimulation First she walked slowly then steadily and then she biked eighteen miles in a single day In November 2011 Dr Wahls shared her remarkable recovery in a TEDx talk that immediately went viral Now in The Wahls Protocol she shares the details of the protocol that allowed her to reverse many of her symptoms get back to her life and embark on a new mission to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions *Multiple Sklerose erfolgreich behandeln - mit dem Paläo-Programm* Terry Wahls, Eve Adamson, 2015-02-01 Multiple Sklerose nachhaltig behandeln mit der Steinzeit Diät Die Ärztin Terry Wahls wurde im Jahr 2000 mit der Diagnose Multiple Sklerose konfrontiert Nach einer erheblichen Verschlechterung ihres Gesundheitszustandes setzte sie auf einen völlig neuen Ansatz in der MS Therapie Eine radikale Ernährungsumstellung nach dem Paläo Prinzip sogenannte Steinzeit Diät sowie gezielte Bewegungsbungen und eine Änderung der Lebensweise linderten die Symptome massiv und führten bei ihr zu einem Stillstand der Krankheit Das vorliegende Buch klärt umfassend über die verschiedenen Ursachen von MS auf und stellt eine spezifische besonders nährstoffreiche Ernährungsweise vor die explizit auf Patienten zugeschnitten ist die an MS oder anderen Autoimmunerkrankungen leiden Begleitet wird das ausgearbeitete Ernährungsprogramm von speziellen Bewegungsbungen zur neuromuskulären Stimulation die reich bebildert und anschaulich vorgestellt werden sowie von leicht umsetzbaren konkreten Tipps für eine geringere Belastung durch Umweltgifte und Stress im Alltag Die Paläo Kur kann jeder ohne Vorkenntnisse direkt anwenden Das praktische Selbsthilfebuch für alle Betroffenen **Naked Calories** Jayson Calton, Mira Calton, Mira And Jayson Calton, 2013 Draws on research studies and the authors personal experiences to describe how the depletion of micronutrients in the food supply and lifestyle choices may be linked to declining health and the development of advanced diseases

As recognized, adventure as with ease as experience roughly lesson, amusement, as well as contract can be gotten by just checking out a book **Naked Calories The Caltons Simple 3 Step Plan To Micronutrient Sufficiency** moreover it is not directly done, you could agree to even more on the subject of this life, re the world.

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