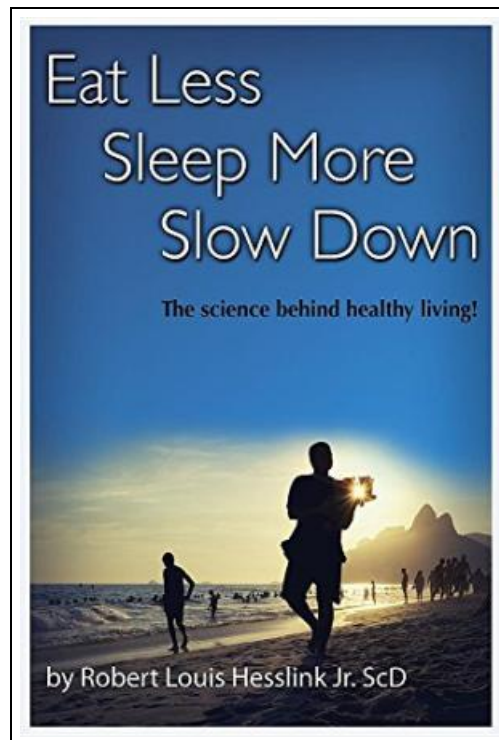


## Eat Less, Sleep More, and Slow Down: The Science Behind Healthy Living! (Paperback)



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Hesslink Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eating, sleeping and relaxing are top of mind to the average consumer. Not necessarily in that order, but people are looking for ways to improve their health and lifestyle. In his book, Eat Less, Sleep More, and Slow Down, Dr. Robert Hesslink provides a simplistic view on how to tame these major impediments to healthy outcomes. The book is a simple read with the use of research citations to support the topic at hand. The opening section introduces the reader to the reality of current global health as a function of increasing obesity and diabetes. These two health conditions alone account for almost 3 of the global gross domestic product (GDP), while in the United States being overweight and obesity cost upwards of \$1.7 trillion dollars. With expenditures on healthcare so high, it is easy to understand Dr. Hesslink s call to action to reduce these costs so they can be applied to education, social services and infrastructure around the world. Not to mention, the spiraling health care costs for individuals and families. Chapter 1 focuses on the concept of dieting and the simple notion of just reducing food intake. Sounds simple enough but the why and how one reduces is of paramount importance. Dr. Hesslink outlines the basics of cellular metabolism and energy utilization, so that the reader can appreciate the nuances afforded by chronic fasting, acute daily or intermittent fasting and newer programmed dieting strategies such as the 5:2 Diet. The reader comes away with a better understanding on how to best utilize these strategies in his or her daily schedule and family life. Chapter 2 draws the reader into the importance of sleep without getting too technical on the neuroscience...



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