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Hungry for Change: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health. by. James Colquhoun, Laurentine ten Bosch. 4.01 · Rating details · 881 ratings · 75 reviews. Pioneers in the field of nutrition and internationally renowned filmmakers, James Colquhoun and Laurentine ten Bosch join with leading experts to offer proven strategies to lose weight, prevent and reverse disease, and optimize health.

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Hungry for Change: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health by James Colquhoun. 881 ratings, 4.01 average rating, 75 reviews. Hungry for Change Quotes Showing 1-2 of 2. “ The food industry has led us to believe that its products are going to make us healthy, happy, sexy, and young.

Hungry for Change Quotes by James Colquhoun

The film ‘ Hungry For Change ’ from the creators of the best-selling documentary ‘ Food Matters ’ uncovers the secrets to bounding energy, beautiful skin and your achieving your ideal body! We have put together a list of guidelines from the film ready for you to ditch your diet and live a life full of abundance and health! Eat As Nature Intended

Hungry For Change? Ditch The Diet With These Tips | FOOD ...

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Hungry for Change: Ditch the Diets, Conquer the Cravings ...

Nutritional consultants and documentary filmmakers James Colquhoun and Laurentine ten Bosch have teamed up with the world ' s leading experts in nutrition and natural medicine to create Hungry for Change—a groundbreaking documentary film and a practical, prescriptive companion volume to help you transform your eating habits and change your life.

Hungry for Change: Ditch the Diets, Conquer the Cravings ...

Hungry for Change Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health. James Colquhoun and Others 2.8 • 27 Ratings ... A “ How-to Guide for Breaking Free from the Diet Trap, ” Hungry for Change is based on the indisputable premise that “ Food Matters, ” as it exposes the truth about the diet industries and the ...

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Hungry for Change. Ditch the Diets, Conquer the Cravings and Eat Your Way to Lifelong Health. Register Now. Time & Location. Apr 23, 2020, 7:00 PM – 9:00 PM. To Your Health Holistic Wellness 218 W Front St, Red Bank, NJ 07701, USA. About Event ~ Hungry for Change ~ ~ FREE MOVIE SCREENING ~

Hungry for Change - To Your Health

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HUNGRY FOR CHANGE? Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health A Revolutionizing Book and Film by Laurentine ten Bosch and James Colquhoun New Book, HUNGRY FOR CHANGE, Exposes Shocking Secrets of the Weightloss and Food Industry and Uncovers The Truth Behind the Real Causes of Illness, Disease and Obesity.

Press Release

Hungry for Change: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health James Colquhoun and Laurentine Ten Bosch I was raised by two nurses. So one might think I was raised a strict follower of the pharmaceutical world and a crier of its claims.

Leading experts in nutrition and natural medicine share their secrets, offering a guide to creating lasting weight loss and living a healthy lifestyle that features success stories, detoxes, and food plans.

With Hungry for Change you'll discover: Amazingly delicious, nutritious recipes What to buy and what to avoid at the supermarket The truth behind diet, sugar-free, and fat-free products How to overcome food addictions and cravings Why fad diets don't work How to read labels and what food additives to avoid The most effective detox and cleansing strategies How to eat for clear eyes, glowing skin, and healthy hair Featuring: Dr. Alejandro Junger, Dr. Christiane Northrup, Kris Carr, David Wolfe, Dr. Joseph Mercola, Mike Adams, Joe Cross, Jon Gabriel, Harvey Diamond, Daniel Vitalis, and more!

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Hungry for Change the enhanced edition contains 8 exclusive videos featuring additional footage from James Colquhoun and Laurentine ten Bosch's original documentary. In these videos you'll find firsthand advice from nutrition and health specialists on how to solve "the diet problem", getting rid of toxins, fixing your digestive system, eating the foods you love in a healthy way and more timely health issues. Pioneers in the field of nutrition and internationally renowned filmmakers, James Colquhoun and Laurentine ten Bosch join with leading experts to offer proven strategies to lose weight, prevent and reverse disease, and optimize health. With *Hungry for Change* you'll discover: Amazingly delicious, nutritious recipes for breakfast, lunch, dinner, snacks, and desserts How to navigate your supermarket: what to buy and what to avoid The real truth behind DIET, SUGAR-FREE, and FAT-FREE products How to overcome food addictions and cravings Why fad diets don't work How to read labels and what food additives to avoid The most effective detox and cleansing strategies How to eat for clear eyes, glowing skin, and healthy hair Providing practical solutions, *Hungry for Change* shows that your health is in your hands and that you can escape the diet trap forever. Experts from the field of medicine and nutrition plus transformational stories from those who know what it's like to be sick and overweight give us the tools and inspiration we need to begin our journey toward health today. *Hungry for Change* will help boost your energy levels, strengthen your body, and make you look and feel better every day for the rest of your life. Please note that due to the large file size of these special features this enhanced e-book may take longer to download than a standard e-book.

Nutritional consultants and documentary filmmakers James Colquhoun and Laurentine ten Bosch have teamed up with the world's leading experts in nutrition and natural medicine to create *Hungry for Change*—a groundbreaking documentary film and a practical, prescriptive companion volume to help you transform your eating habits and change your life. A “How-to Guide for Breaking Free from the Diet Trap,” *Hungry for Change* is based on the indisputable premise that “Food Matters,” as it exposes the truth about the diet industries and the dangers of food addictions, and enables you to take charge of your health and strengthen your mind and body.

Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. *Always Hungry?* turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget

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Cravings. Forget dieting. Always hungry? reveals a liberating new way to tame hunger and lose weight for good.

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

“ If diets worked, we'd all be thin by now. Instead, we have enlisted hundreds of millions of people into a war we can't win.” What ’ s the secret to losing weight? If you ’ re like most of us, you ’ ve tried cutting calories, sipping weird smoothies, avoiding fats, and swapping out sugar for Splenda. The real secret is that all of those things are likely to make you weigh more in a few years, not less. In fact, a good predictor of who will gain weight is who says they plan to lose some. Last year, 108 million Americans went on diets, to the applause of doctors, family, and friends. But long-term studies of dieters consistently find that they ’ re more likely to end up gaining weight in the next two to fifteen years than people who don ’ t diet. Neuroscientist Sandra Aamodt spent three decades in her own punishing cycle of starving and regaining before turning her scientific eye to the research on weight and health. What she found defies the conventional wisdom about dieting: ·Telling children that they ’ re overweight makes them more likely to gain weight over the next few years. Weight shaming has the same effect on adults. ·The calories you absorb from a slice of pizza depend on your genes and on your gut bacteria. So does the number of calories you ’ re burning right now. ·Most people who lose a lot of weight suffer from obsessive thoughts, binge eating, depression, and anxiety. They also burn less energy and find eating much more rewarding than it was before they lost weight. ·Fighting against your body ’ s set point—a central tenet of most diet plans—is exhausting, psychologically damaging, and ultimately counterproductive. If dieting makes us fat, what should we do instead to stay healthy and reduce the risks of diabetes, heart disease, and other obesity-related conditions? With clarity and candor, Aamodt makes a spirited case for abandoning diets in favor of behaviors that will truly improve and extend our lives.

“ The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter. ” —Christiane Northrup, MD, New York Times bestselling author of Women ’ s Bodies, Women ’ s Wisdom ” From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power DIETING DOESN ’ T WORK Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what ’ s wrong with us. Why can ’ t we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it ’ s time we called a spade a spade: Constantly trying to eat the smallest

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amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the *F*ck It Diet*. Let's Eat.

Reveals fallacies in diet trends, and details a plan designed for weight loss and improved health through meals consisting of nutritious foods in all major food groups, restriction of sugar and caffeine, and exercise.

Includes a sneak peek of *Undoctored*—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

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