

The Anti- Estrogenic Diet

How Estrogenic

Foods and Chemicals

Are Making You Fat and Sick

- **Protect yourself against the estrogenic substances in the environment, products, water, and food**
- **Lower your risk of metabolic disorders, serious disease, and chronic weight gain**
- **Learn how certain foods and herbs can protect you**

Ori Hofmekler

author of *The Warrior Diet*

with **Rick Osborn**

The Anti-Estrogenic Diet: How Estrogenic Foods and Chemicals Are Making You Fat and Sick, Ori Hofmekler, North Atlantic Books, 2007, 155643684X, 9781556436840, 188 pages. **Lower your risk of metabolic disorders, disease, and chronic weight gain** **Protect yourself against the estrogenic substances in the environment, products, water, and food** **Learn how certain foods and herbs can protect you!** Estrogenic chemicals are known for causing the near extinction of various living species are found in some of the most common foods we eat. In this revolutionary diet book, Ori Hofmekler addresses the millions of overweight and obese individuals who have failed or are disappointed with other diets those who suffer from yo-yo dieting, weight gain rebounds, or accumulation of stubborn fat in the belly and other estrogen-sensitive areas. Focusing on our current over-exposure to estrogenic chemicals in the environment, foods, and water, The Anti-Estrogenic Diet provides a practical solution to fat gain, estrogen-related disorders (PMS, endometriosis, fibrocystic disease), and increased risk of common cancers in women and men (breast, ovarian, cervical, prostate). Allowing you to still enjoy your favorite foods, the program is based on incorporating anti-estrogenic foods, spices, and herbs into your diet, while eliminating estrogenic foods and chemicals. Exposing dietary myths and fallacies, Hofmekler teaches readers that some foods commonly regarded as healthy may actually be harmful and vice versa. Special chapters dedicated to readers with different needs and health conditions, recipes, a question-and-answer section, and a list of scientific references are also included in this valuable resource..

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Bullet-Proof ABS 2nd Edition of Beyond Crunches, Pavel Tsatsouline, Nov 1, 2000, Health & Fitness, 128 pages. Discover How to Gain Maximum Muscle-Strength in Minimum Time, Using Breakthrough Techniques That Blow the Roof Off Traditional Ab Exercises. As a former Soviet Union Special

Waking the Warrior Goddess Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer, Christine Horner, 2005, Health & Fitness, 310 pages. Waking the Warrior Goddess is a Basic Health Books publication..

The Breast Cancer Prevention Diet The Powerful Foods, Supplements, and Drugs That Can Save Your Life, Dr Robert Arnot, M.D., Robert Burns Arnot, Bob Arnot, May 1, 1999, Cooking, 302 pages. Provides a thorough discussion of foods women should avoid along with diets for women who have had breast cancer or want to prevent it.

The Wisdom of Menopause Creating Physical and Emotional Health During the Change, Christiane Northrup, Oct 31, 2006, Menopause, 631 pages. Menopause is not simply a collection of physical symptoms to be "fixed," Dr. Northrup claims, but a mind/body revolution that brings the greatest opportunity for growth since

Rainbow Green Live-Food Cuisine , Gabriel Cousens, 2003, Cooking, 544 pages. Holistic physician Cousens provides a dietary regimen to help rid the body of dangerous toxins, and shares 250 delicious vegan recipes from chefs at the Tree of Life Caf

The Detox Mono Diet The Miracle Grape Cure and Other Cleansing Diets, Christopher Vasey, Aug 7, 2006, Health & Fitness, 176 pages. "An introduction to the healing effects of fasting using just one type of food"--Provided by publisher..

Modern-Day Macrobiotics Transform Your Diet and Feed Your Mind, Body and Spirit, Simon Brown, 2007, Cooking, 160 pages. An introduction to the macrobiotic diet discusses the physical, spiritual, and emotional benefits of a plan that emphasizes an assortment of nuts, grains, vegetables, and other

Cancer Uncensored , Christopher C. Evans, 2012, Health & Fitness, 380 pages. 85% of cancer is preventable. Learn how! Cancer Uncensored is your step-by-step guide to cancer prevention, early detection and cancer survival. Inside Cancer Uncensored, you

The Whole Soy Story The Dark Side Of America's Favorite Health Food, Kaayla T. Daniel, 2005, Health & Fitness, 457 pages. This book is a gauntlet thrown at the feet of the soy industry, whose reputation often seems based as much on self-promotion as science..

Unlocking Your Muscle Gene Trigger the Biological Mechanisms That Transform Your Body and Extend Your Life, Ori Hofmekler, 2011, Health & Fitness, 179 pages. "Provocatively written yet grounded in science, Unlock Your Muscle Gene argues that human fitness is a well-defined system rooted in our biology and programmed in our genes. We

The Warrior Diet Switch on Your Biological Powerhouse for High Energy, Explosive Strength, and a Leaner, Harder Body, Ori Hofmekler, 2007, Health & Fitness, 277 pages. Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution

The Purposeful Primitive From Fat and Flaccid to Lean and Powerful - Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change, Marty Gallagher, 2008, Health & Fitness, 471 pages. A comprehensive guide to transforming the body looks at various training methods, exercises, cardio routines, and nutrition tools and includes essays on the psychological

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