

what is mct wellness

What is MCT Wellness? Unlocking the Benefits of Medium-Chain Triglycerides

Are you intrigued by the buzz around MCT oil and its purported health benefits? Feeling overwhelmed by conflicting information online? You're not alone. This comprehensive guide will delve into the world of MCT wellness, explaining exactly what MCTs are, how they work, their potential benefits, and important considerations before incorporating them into your daily routine. We'll cover everything you need to know to make informed decisions about whether MCTs are right for you. Get ready to unlock the potential of MCT wellness!

What are Medium-Chain Triglycerides (MCTs)?

Let's start with the basics. Medium-chain triglycerides (MCTs) are a type of saturated fat found in coconut oil, palm kernel oil, and dairy products. Unlike long-chain triglycerides (LCTs) which are commonly found in most fats, MCTs have shorter fatty acid chains. This seemingly small difference significantly impacts how your body processes and utilizes them. Because of their shorter chains, MCTs are digested and absorbed more quickly and efficiently than LCTs. They are easily transported to the liver, where they are quickly metabolized for energy.

How MCTs Boost Energy and Metabolism

This rapid metabolism is a key aspect of MCT wellness. Instead of being stored as fat, MCTs are readily used as fuel by your body, leading to increased energy levels and improved metabolic function. This can be particularly beneficial for individuals looking to manage their weight or improve athletic performance. The quick energy boost provided by MCTs can help power through workouts and reduce feelings of fatigue. However, it's important to remember that MCTs aren't a magic bullet for weight loss; they work best in conjunction with a balanced diet and regular exercise.

MCTs and Cognitive Function: Brain Boosting Potential

Beyond energy production, there's growing interest in the potential cognitive benefits of MCTs. The brain relies heavily on ketones for energy, and MCTs are efficiently converted into ketones. Some studies suggest that consuming MCTs may improve cognitive function, particularly in individuals with neurological conditions. This is an area of ongoing research, and while the results are promising, more studies are needed to fully understand the extent of MCT's impact on brain health.

Exploring the Digestive Benefits of MCTs

While MCTs are generally well-tolerated, their impact on digestion can vary. For some, MCTs can aid digestion and improve gut health. They may be easier to digest than other types of fats, making them a suitable option for individuals with certain digestive sensitivities. However, consuming large quantities of MCTs can lead to digestive upset, such as diarrhea and stomach cramps. Starting with small amounts and gradually increasing your intake is crucial to assess your body's tolerance.

MCT Oil vs. MCT Powder: Choosing the Right Format

MCTs are available in various forms, most commonly as MCT oil and MCT powder. MCT oil is a liquid form, commonly added to coffee, smoothies, or used in cooking. MCT powder, on the other hand, is a more convenient option for those who prefer to add MCTs to shakes or baked goods. Both forms offer similar benefits, but the choice depends largely on personal preference and dietary habits. Always check the label to understand the composition – some products contain a blend of different MCTs (C8, C10), while others may primarily consist of one type.

Potential Side Effects and Precautions

While generally safe, it's essential to be aware of potential side effects. As mentioned earlier, consuming large quantities of MCTs can lead to digestive issues. Additionally, some individuals may experience headaches or nausea. If you have any underlying health conditions, especially liver or gallbladder issues, it's crucial to consult your doctor before incorporating MCTs into your diet. Pregnancy and breastfeeding are also situations where consulting a healthcare professional is recommended before using MCTs.

Incorporating MCTs into Your Wellness Routine: Practical Tips

Adding MCTs to your diet doesn't have to be complicated. Start by gradually introducing small amounts of MCT oil or powder into your daily routine. Experiment with adding it to your morning coffee, smoothies, or even salad dressings. Remember to listen to your body and adjust your intake based on your tolerance. Consistency is key; the benefits of MCTs are best realized with regular consumption.

Conclusion: Embracing MCT Wellness

Medium-chain triglycerides offer a fascinating avenue for improving energy levels, potentially enhancing cognitive function, and supporting digestive health. While more research is needed to solidify certain claims, the available evidence suggests that MCTs can be a valuable addition to a healthy lifestyle for many individuals. However, it's crucial to approach MCT supplementation responsibly, starting slowly, and paying attention to your body's response. Remember to consult a healthcare professional if you have any concerns or underlying health conditions.

FAQs

1. Are MCTs suitable for everyone? While generally safe, MCTs may not be suitable for everyone. Individuals with liver or gallbladder issues should consult a doctor before using them.
1. Can MCTs help with weight loss? MCTs can contribute to weight management by boosting metabolism and providing satiety, but they are not a standalone solution for weight loss. A balanced diet and exercise are crucial.
1. What is the best time to consume MCT oil? Many people find that consuming MCT oil in the morning provides sustained energy throughout the day, but you can consume it at any time that suits your schedule.
1. Can I cook with MCT oil? Yes, MCT oil has a high smoke point, making it suitable for cooking at moderate temperatures. However, it's not ideal for high-heat cooking methods like deep frying.
1. How much MCT oil should I consume daily? Start with a small amount (1-2 teaspoons) and gradually increase your intake as tolerated, monitoring for any digestive discomfort. It is recommended not to exceed 70 grams per day.

what is mct wellness: Dr. Colbert's Keto Zone Diet Don Colbert, 2017-09-05 Achieve optimal healthy living and effective weight loss through Dr. Colbert's Keto Zone Diet. Learn what the Keto Zone is, why the Keto Zone diet works, and how to put the Keto Zone diet to work for you. Forget every traditional dieting program you've heard of, or even tried. Dr. Colbert's Keto Zone Diet revolutionizes the dieting industry by helping you lose weight without starving yourself, feeling hungry, or losing energy by following a high fat, low carb, and moderate protein diet. Dr. Don Colbert provides special ketogenic recommendations for those with cancer, high cholesterol, Alzheimer's, and many other ailments. Following the Keto Zone diet will help you burn fat, balance appetite hormones, lose weight, and reverse or prevent many diseases! This book includes: -A 7-day

meal plan -A shopping guide for the ketogenic lifestyle -A guide for clearing your fridge and pantry of the unhealthy foods that keep you out of the Keto Zone -Instructions on checking your ketosis levels and maintaining your unique Keto Zone Start reclaiming your health today through Dr. Colbert's Keto Zone Diet!

what is mct wellness: *Unlocking the Keto Code* Dr. Steven R. Gundry, MD, 2022-03-08 From the author of the New York Times bestselling Plant Paradox series comes this revolutionary take on the keto diet that debunks common myths and shows readers how to reap the rewards of keto with less restriction Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In *Unlocking the Keto Code*, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book, Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and it's not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, *Unlocking the Keto Code* makes going keto easy and enjoyable for the first time.

what is mct wellness: *Eat Fat, Get Thin* Dr. Mark Hyman, 2016-02-23 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, *Eat Fat, Get Thin* is the cutting edge way to lose weight, prevent disease, and feel your best.

what is mct wellness: *Dr. Gundry's Diet Evolution* Dr. Steven R. Gundry, 2009-03-03 A renowned heart surgeon presents an accessible, research-based program to teach you how you can "reset" your genes to restore your health, lose weight, and extend your life. Does losing weight and staying healthy feel like a battle? Well, it's really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Dr. Steven Gundry's revolutionary book shares the health secrets other doctors won't tell you: • Why plants are "good" for you because they're "bad" for you, and meat is "bad" because it's "good" for you • Why plateauing on this diet is actually a sign that you're on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-memorize tips will keep you healthy and on course.

what is mct wellness: The Longevity Paradox Dr. Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

what is mct wellness: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? *The Bulletproof Diet*, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. *The Bulletproof Diet* will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. *The Bulletproof Diet* is your blueprint to a better life.

what is mct wellness: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling *The Plant Paradox* is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we’ve been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has

successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

what is mct wellness: *Happy Gut* Vincent Pedre, 2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

what is mct wellness: *A True Winner* Katherine Viola, Kathy Franco, 2009-01-27 A young girl has faith that her donkey can win a horse contest. It doesn't matter that she's different than the others, she is still special.

what is mct wellness: *Gutalicious* Kirsty Wirth, 2017-12 Balancing your biome, nourishing your brain. This book makes rebalancing the body and more specifically your gut microbiome delicious, absolutely nutritious, fun, colourful and of course full of gut loving bugs.

what is mct wellness: *The Plant Paradox Cookbook* Dr. Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry

will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

what is mct wellness: *Counseling for Wellness* Jane E. Myers, Thomas J. Sweeney, 2005
Destined to become a classic in the field, *Counseling for Wellness* presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

what is mct wellness: The Obesity Code Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

what is mct wellness: CLEAN 7 Alejandro Junger, 2019-12-03 The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean 7*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean 7* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on everything from prepping your kitchen to prepping your mind, *Clean 7* revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, *Clean 7* is the answer. Discover what it truly means to be healthy.

what is mct wellness: The 10-Day Belly Slimdown Kellyann Petrucci, MS, ND, 2018-02-20
This isn't another gimmicky diet—it's a powerful eating strategy that will take your extra pounds off quickly, safely, and permanently. —Mark Hyman, MD, Director, Cleveland Clinic Center for

Functional Medicine, #1 New York Times bestselling author of *Eat Fat Get Thin* The best gift you can give yourself is a slim, beautiful, healthy belly—and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it. —Mehmet Oz, M.D. The New York Times bestselling author of *Dr. Kellyann's Bone Broth Diet* reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days! Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20 years showing people how to do the impossible: take off stubborn belly fat. After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly—deprivation not included! In *The 10-Day Belly Slimdown*, you will learn the #1 biggest secret to rapid belly-blasting: mini-fasting. This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and slim-gestion foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely. *The 10-Day Belly Slimdown* includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

what is mct wellness: *Game Changers* Dave Asprey, 2018-12-04 The bestselling author of *Head Strong* and *The Bulletproof Diet* answers the question, “How can I kick more ass at life?” by culling the wisdom of world-class thought leaders, maverick scientists, and disruptive entrepreneurs to provide proven techniques for becoming happier, healthier, and smarter. When Dave Asprey started his *Bulletproof Radio* podcast more than five years ago, he sought out influencers in an array of disciplines, from biochemists toiling in unknown laboratories to business leaders changing the world to meditation masters discovering inner peace. His guests were some of the top performing humans in the world, people who had changed their areas of study or even pioneered entirely new fields. Dave wanted to know: What did they have in common? What mattered most to them? What made them so successful—and what made them tick? At the end of each interview, Dave asked the same question: “What are your top three recommendations for people who want to perform better at being human?” After performing a statistical analysis of the answers, he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives: finding ways to become smarter, faster, and happier. *Game Changers* is the culmination of Dave’s years-long immersion in these conversations, offering 46 science-backed, high performance “laws” that are a virtual playbook for how to get better at life. With anecdotes from game changers like Dr. Daniel Amen, Gabby Bernstein, Dr. David Perlmutter, Arianna Huffington, Esther Perel, and Tim Ferris as well as examples from Dave’s own life, *Game Changers* offers readers practical advice they can put into action to reap immediate rewards. From taming fear and anxiety to making better decisions, establishing high-performance habits, and practicing gratitude and mindfulness, Dave brings together the wisdom of today’s game-changers to help everyone kick more ass at life.

what is mct wellness: *Beyond Radiant* Marlyn Diaz, 2020-10-12 Eat well. Live well. Thrive. Based on decades of research and experience, Marlyn Diaz shares case studies, sound science and simple strategies designed to change your life.

what is mct wellness: *Dr. Kidd's Guide to Herbal Dog Care* Randy Kidd, 2000-01-01 Holistic veterinarian Dr. Randy Kidd explains how herbs can be used in the care of dogs. Includes chapters on common dog ailments and how to address them. Illustrations.

what is mct wellness: *Adrenaline Dominance* Michael E. Platt, 2014-06-12 Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community. Platt explains how this hormone might be a major underlying cause of many conditions currently considered incurable, and presents a natural protocol for rapidly reducing excess adrenaline.

what is mct wellness: *Simply Keto* Suzanne Ryan, 2017-12-12 A practical approach to health &

weight loss with 100+ easy low-carb recipes--Cover.

what is mct wellness: The Collagen Diet Dr. Josh Axe, 2019-12-31 Dr. Josh Axe, bestselling author of Keto Diet and Eat Dirt, explains how to lose weight, prevent disease, improve your digestion, and renew your youth by taking advantage of dietary collagen. Today, interest in dietary collagen is growing at an astounding rate, and with good reason. The benefits of a collagen-rich diet are remarkable, ranging from better weight control to enhanced digestion, clearer skin, reduced inflammation, and improved immune function. Dietary collagen provides a unique blend of amino acids and other compounds, making it critical for everyone, including infants, young children, the elderly, athletes, pregnant women, new mothers, and adult men and women. Simply put: When we don't get enough of the beneficial compounds found in collagen-rich foods, we experience more injuries, chronic aches and pain, digestive issues, and other symptoms associated with aging. And most people don't get enough. Collagen is the missing ingredient that can help all of us live longer, healthier, more vital lives. In The Collagen Diet, Dr. Axe describes how collagen helps maintain the structure and integrity of almost every part of the body. You'll learn how your skin, hair, nails, bones, disks, joints, ligaments, tendons, arterial walls, and gastrointestinal tract all depend on the consumption of collagen-rich foods. Featuring a twenty-eight-day meal plan, seventy mouthwatering recipes, and specific advice for supporting your body's collagen production with exercise and lifestyle interventions, The Collagen Diet provides everything you need to take advantage of this overlooked cornerstone of modern health.

what is mct wellness: The Wellness Mama Cookbook Katie Wells, 2016-12-27 A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in The Wellness Mama Cookbook will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

what is mct wellness: The Plant Paradox Quick and Easy Dr. Steven R. Gundry, MD, 2019-01-15 From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results

reap the health benefits of living lectin-free.

what is mct wellness: Intuitive Fasting Dr. Will Cole, 2021-02-23 NEW YORK TIMES BESTSELLER • “Dr. Will Cole clearly cares about his patients’ health, and he addresses the widespread misconceptions about intermittent fasting while giving readers a tailored week-by-week plan to get back in touch with what their body truly needs.”—Mark Hyman, MD, director, the Cleveland Clinic Center for Functional Medicine and author of Food “Intuitive Fasting makes both the science and user-friendly application of this exciting approach to human nutrition available for everyone.”—David Perlmutter, MD, FACN, author of Grain Brain and Brain Wash The most effective and achievable guide to intermittent fasting, outlining a unique plan that merges the science behind fasting with a holistic approach to eating, from the bestselling author of Ketotarian and The Inflammation Spectrum For some, the idea of fasting by eating only one or two meals a day sounds like an extreme and overly restrictive dieting tactic. But the truth is, our daily eating schedule—three meals a day, plus snacks—does not necessarily reflect our bodies’ natural cycles. In fact, eating three meals every day can cause metabolic inflexibility, which can lead to inflammation, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting. With his fresh new approach to fasting, bestselling author and functional medicine expert Dr. Will Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You’ll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. Intuitive Fasting will show you how to find metabolic flexibility—and once you’ve reached it, you can trust your body to function at optimal capacity, whether you’ve eaten six minutes ago or six hours ago. During his 4-Week Flexible Fasting Plan, Dr. Cole will guide you through varying intermittent fasting windows, with each week of the plan tailored to focus on a different aspect of your health. He illustrates the most effective ways to fast and eat to amplify the health benefits of intermittent fasting, balancing rest and repair with clean, nutrient-dense, delicious foods. By the end of the four weeks, you will have all the tools necessary to: • Reset your body • Recharge your metabolism • Renew your cells • Rebalance your hormones Along with more than 65 recipes, you’ll also find a maintenance plan, so you can adapt fasting and feeding windows to work sustainably with your lifestyle.

what is mct wellness: Not by Bread Alone Vilhjamur Stefansson, 2020-08-31 The arctic explorer’s classic text on the benefits of an all-meat diet chronicles his experiences and clinical studies of Inuit food habits. Arctic explorer and anthropologist Vilhjalmur Stefansson spent years living with indigenous Inuit and Eskimo people. He noted their general healthiness (and good teeth), and an absence of many of the diseases that plagued western cultures, such as scurvy, heart disease, and diabetes. Observing their dietary habits, he determined that their primary food was meat, both lean and fatty, and that their diets were very low in sugary or starchy carbohydrates. Was this meaty diet the key to their good health? Stefansson’s classic Not By Bread Alone chronicles a 1928 scientific experiment, conducted by the Russell Sage Institute of Pathology at Bellevue Hospital in New York, in which Stefansson and his colleague Dr. Karsten Andersen ate a meat-only diet for one year. The two men stayed healthy and fared very well, leading him to claim that we should reexamine our notion of what foods constitute a healthy diet. Later chapters promote the benefits of pemmican, a compact, portable, and high-energy food consisting of a concentrated mix of fat and protein made from dried lean bison meat—sometimes mixed with berries—what you might call the original energy bar.

what is mct wellness: Clean Alejandro Junger, 2009-05-12 How many of us can honestly say we do not suffer from at least one of the following: Colds or viruses each year Allergies or hay fever Extra pounds that won't come off Restless nights Recurrent indigestion, constipation, or irritable bowel syndrome Itchy skin, acne, or any other troubling skin condition Depression, anxiety, or frequent fatigue If you were to seek medical advice for any of the above, you would likely be prescribed pills, topical lotions, injections, or even surgery. Such treatments are used to manage the symptoms and do not address the root of the problem. Too often, doctors treat these common ailments as inevitable costs of living a modern life. The result is a patchwork approach to health care

that has become the norm. In *Clean*, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger offers a major medical breakthrough. Dr. Junger argues that the majority of these common ailments are the direct result of toxic buildup in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace. The toxins are everywhere, but *Clean* offers a solution. *Clean* is an M.D.'s program that provides all the tools necessary to support and reactivate our detoxification system to its fullest capabilities, and can be easily incorporated into a busy schedule. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives we will experience what it truly means to feel healthy. Every day spent on the *Clean* program is a major step in healing not just the symptom but the root of the problem, effectively and simply. Dr. Junger's life-changing program restores what rightfully belongs to you—your health, vitality, and peace of mind.

what is mct wellness: *BioDiet* David Harper, 2019-05-07 Think you're eating healthy? Think again. For the past forty years, we have been slowly eating ourselves to death--and doing so based on government guidelines about what constitutes a healthy diet. This grand low-fat, high-carbohydrate dietary experiment has led to epidemic increases in obesity and other chronic conditions, including diabetes, cardiovascular disease, cancer, and Alzheimer's. It's time to hit the reset button. In *BioDiet*, Health educator and researcher Dr. David G. Harper offers a new, scientifically validated approach: a low-carbohydrate, high-fat, ketogenic plan that works with the body's natural processes to improve health and reverse decades of damage caused by our collective carbohydrate addiction. *BioDiet* isn't a diet in the usual sense: it's not a quick fix designed to help shed ten pounds before beach season. Drawing on his professional experience and the latest research in nutritional science, *BioDiet* is a lifestyle that will leave you healthier and happier. No hype or gimmicks: it's what the science says.

what is mct wellness: *The Wellness Rebel* Plantbased Pixie, 2018-04-05 The healthy eating market continues to thrive, with authors like Joe Wicks seeing recordbreaking sales for accessible healthy eating books. In recent months, however, there has been a backlash against certain healthy lifestyle brands, particularly those without scientific qualifications who promote 'clean eating'. *The Wellness Rebel* explores the aftermath of this, looking at where balanced healthy eating will go next and how we can get back to evidence-based basics and enjoy eating well. With each chapter themed around a common healthy food misconception such as 'Alkaline', 'Raw' and 'Superfoods?', *The Wellness Rebel* explores the basics of nutrition in an accessible and entertaining way, with Pixie sharing her tips, tricks and tastiest recipes – including her much-loved Pixie Plates – for a truly healthy diet, with no detoxes, no elimination diets, no restrictions – and absolutely no BS.

what is mct wellness: *Glow15* Naomi Whittel, 2018 Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

what is mct wellness: *The Silk Roads* Peter Frankopan, 2016-02-16 INTERNATIONAL BESTSELLER • Far more than a history of the Silk Roads, this book is truly a revelatory new history of the world, promising to destabilize notions of where we come from and where we are headed next. A rare book that makes you question your assumptions about the world." —The Wall Street Journal From the Middle East and its political instability to China and its economic rise, the vast region stretching eastward from the Balkans across the steppe and South Asia has been thrust into the global spotlight in recent years. Frankopan teaches us that to understand what is at stake for the cities and nations built on these intricate trade routes, we must first understand their astounding pasts. Frankopan realigns our understanding of the world, pointing us eastward. It was on the Silk Roads that East and West first encountered each other through trade and conquest, leading to the spread of ideas, cultures and religions. From the rise and fall of empires to the spread of Buddhism and the advent of Christianity and Islam, right up to the great wars of the twentieth century—this book shows how the fate of the West has always been inextricably linked to the East. Also available:

The New Silk Roads, a timely exploration of the dramatic and profound changes our world is undergoing right now—as seen from the perspective of the rising powers of the East.

what is mct wellness: The End of Alzheimer's Dale Bredesen, 2017-08-22 The instant New York Times and Wall Street Journal bestseller A groundbreaking plan to prevent and reverse Alzheimer's Disease that fundamentally changes how we understand cognitive decline. Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease. In this paradigm shifting book, Dale Bredesen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, *The End of Alzheimer's* outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger downsizing in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months; since then the protocol has yielded similar results with hundreds more. Now, *The End of Alzheimer's* brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

what is mct wellness: *The Fast Metabolism Diet* Haylie Pomroy, 2014 Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she makes her carpet-ready methods available to everybody - and promises you can lose up to 20 lbs in 28 days.

what is mct wellness: *Minimalist Baker's Everyday Cooking* Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

what is mct wellness: *The Blood Sugar Solution 10-Day Detox Diet* Dr. Mark Hyman, 2014-02-25 Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, *The Blood Sugar Solution 10-Day Detox Diet* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat -- especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *The Blood Sugar Solution 10-Day Detox Diet* is the fastest way to lose weight, prevent disease, and feel your best.

what is mct wellness: *Chris Beat Cancer* Chris Wark, 2021-01-05 Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free diet, lifestyle, and therapy--created by a colon cancer survivor. Millions of readers have followed Chris Wark's journey on his blog and podcast *Chris Beat Cancer*, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous

research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset; radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling *Chris Beat Cancer* will inspire and guide you on your own journey toward wellness.

what is mct wellness: No More Heartburn Sherry Rogers, 2021-06-29 In this remarkable book, Sherry A. Rogers, M.D., a leading expert in drug-free gastrointestinal therapy, explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalised program for achieving and maintaining total gastrointestinal health.

what is mct wellness: *Wellness 101* Gloria Treister, HHP, 2023-12-01 Discover a Healthier You with *Wellness 101: Simple Steps to Good Health* "It's Easier Than You Think! Are you tired of feeling confused when it comes to your health? Do you need help navigating the overwhelming world of online health advice? Say goodbye to confusion and take charge of your well-being with *Wellness 101: Simple Steps to Good Health*. Get ready to embark on a transformative journey toward a happier, healthier life. Simplicity for a Better Life Wellness can be confusing, but not anymore. *Wellness 101* is here to simplify it all for you. Say goodbye to the health overwhelm and hello to a simple, actionable approach to feeling your best. It distills wellness down to its simplest form so that anyone, regardless of their background, can thrive and age well. Your Personalized Wellness Plan In "Wellness 101," you will get to know about every aspect of your lifestyle - from what you eat and how you move to managing stress, improving sleep, boosting brain health, optimizing nutrition, understanding lab testing and minimizing your exposure to toxins in the simplest way possible. This isn't just another health book; it's your own customized roadmap to vitality. It empowers you to create simple, practical steps that seamlessly fit into your life. Unlock the Secrets to Longevity But *Wellness 101* isn't your typical wellness guide. It's a comprehensive toolkit packed with straightforward tips, user-friendly forms, hands-on activities, clear-cut charts, and motivational quotes to excite and inspire you. Each section is like a friendly hand guiding you toward a happier, healthier you. *Wellness 101* is all about making wellness achievable, fun and impactful. Take Control of Your Well-being No more relying on others - it's time for you to become the CEO of your own health. Your body is your lifelong home, and it's time to treat it right. Inside *Wellness 101*, you'll discover how to reduce inflammation, replenish essential nutrients, explore effective therapies, craft a simple nutrition plan, and find an exercise routine that doesn't feel like a chore. Plus, you will learn how to avoid the everyday toxins that compromise our health. It's all about putting the power back in your hands! Embrace a New Wellness Mindset It's time to shift gears - from being reactive to proactive when it comes to your health. *Wellness 101* gives you the essential knowledge to understand what wellness truly means. It takes you on a transformational journey toward self-empowerment and well-being, a journey that will ignite a fire within you. Empowerment Through Knowledge But *Wellness 101* isn't just a book; it's your ticket to becoming a savvy healthcare consumer. You'll learn how to ask the right questions and make informed decisions, ultimately saving you money and sidestepping unnecessary medical interventions. Say goodbye to needless pain and hello to a brighter, healthier future! Your Journey Starts Now In *Wellness 101*, your transformation isn't just about health - it's about embracing life to the fullest. Let the pages of this book inspire you, excite you, and infuse your life with a newfound sense of purpose. Your well-being is within reach - seize it with *Wellness 101: Simple Steps to Good Health*. Start your transformation today! Your best days are yet to come, and they begin with *Wellness 101*. Get your copy today and embark on your life-changing adventure.

what is mct wellness: *The Dog Cancer Survival Guide* Demian Dressler, Susan Ettinger, 2011 If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer

care: Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had The Dog Cancer Survival Guide when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf--just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including Born to Bark A comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up The Dog Cancer Survival Guide is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visel Dog behavior specialist and technical dog writer, CanisBonus.com

what is mct wellness: Ketotarian Dr. Will Cole, 2018-08-28 A Goop Book Club Pick A new twist on keto: The fat-burning power of ketogenic eating meets the clean green benefits of a plant-centric plate The keto craze is just getting warmed up. The ketogenic diet kick-starts your body's metabolism so it burns fat, instead of sugar, as its primary fuel. But most ketogenic plans are meat- and dairy-heavy, creating a host of other problems, especially for those who prefer plants at the center of the plate. Dr. Will Cole comes to the rescue with Ketotarian, which has all the fat-burning benefits without the antibiotics and hormones that are packed into most keto diets. First developed for individuals suffering from seizures, keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer's and some cancers. Adding a plant-based twist, Ketotarian includes more than 75 recipes that are vegetarian, vegan, or pescatarian, offering a range of delicious and healthy choices for achieving weight loss, renewed health, robust energy, and better brain function. Packed with expert tips, tricks, and advice for going--and staying--Ketotarian, including managing macronutrients, balancing electrolytes, and finding your carb sweet spot, this best-of-both-worlds program is a game-changer for anyone who wants to tame inflammation and achieve peak physical and mental performance. Let the Ketotarian revolution begin!

what is mct wellness: How to Starve Cancer Jane McLelland, 2018-07-08 Jane McLelland was

only 30 when she was diagnosed with cancer. A few years later it was stage 4 (or terminal) and had spread to her lungs. Expected to live 12 weeks, she refused to believe there weren't any effective drugs or therapies. Her scientific training meant she was able to examine and digest hundreds of research papers she found in libraries, journals and online - and the conclusion she reached astonished her ... This is the story of how she took on her illness, changed her diet, educated herself, persuaded her oncologist and other doctors to prescribe her an unusual cocktail of commonly used drugs - some of which are already in many people's medicine cabinets - these made the difference between life and death ...--Publisher description.

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