

The Superstress Solution 4 Week Diet And Lifestyle Program Roberta Lee

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The official site for Dr. Roberta Lee and the Superstress Solution 4-week program

The SuperStress Solution

Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, The SuperStress Solution then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert.

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The SuperStress Solution_ is super-packed with information for understanding, reducing, and navigating the (doesn't-have-to-be)-constant stress that overwhelms so many of us today. Taking a holistic and integrative approach, Dr. Lee illustrates the toll that stress can take on the mind, body, and spirit, and then she provides a customizable plan that addresses each of these realms.

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We live on little sleep and exercise but a lot of work. We eat junk and processed foods on the run and fuel up with caffeine and sugar. We are chronically overcommitted, subjected to a 24/7 news cycle, and can't take our eyes off our computers and PDAs. Is it any wonder that anxious is the new normal? Our bodies are hardwired to cope with stress, but we are biologically ill-equipped to handle the kind that we endure today. The human brain, in all its majesty, can't distinguish true physical emergencies from daily hassles, deadlines, information overload, difficult decisions, guilt, and worries. The physiological reaction is the same: a chronic hormonal surge born of our instinctive fight-or-flight response. The result is a cluster of dangerous symptoms: immune deficiencies, high blood pressure, weight gain, insomnia, and a wide range of other ailments. This is what world-renowned integrative physician Dr. Roberta Lee has defined as the SuperStress syndrome, which is caused by our overstimulated, undernourished lifestyle. In this empowering, life-changing book, Dr. Lee presents the solution to SuperStress. She shows how you can build stress resistance and resilience into your life with a unique prescription for recognizing, rebalancing, and protecting against stresses small and large.

Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, The SuperStress Solution then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert. Discover how to

- Nourish your body with nutrient-rich foods, herbs, and supplements that repair stress damage
- Detox your system and jump-start your body's healing with an easy-to-follow eating plan
- Sleep well again by following simple steps to protect and promote the rest your body needs
- Move to simple, low-impact exercises that can be done in five-minute to one-hour increments
- Retrain your mind so you can access a sense of peace and calm even in your most stressed-out moments

The SuperStress Solution will do more than help you beat back the overload that is making you sick; it will restore physical harmony and balance. More than a program that makes you feel better, it is a program that will make you truly well.

We live on little sleep and exercise but a lot of work. We eat junk and processed foods on the run and fuel up with caffeine and sugar. We are chronically overcommitted, subjected to a 24/7 news cycle, and can't take our eyes off our computers and PDAs. Is it any wonder that anxious is the new normal? Our bodies are hardwired to cope with stress, but we are biologically ill-equipped to handle the kind that we endure today. The human brain, in all its majesty, can't distinguish true physical emergencies from daily hassles, deadlines, information overload, difficult decisions, guilt, and worries. The physiological reaction is the same: a chronic hormonal surge born of our instinctive fight-or-flight response. The result is a cluster of dangerous symptoms: immune deficiencies, high blood pressure, weight gain, insomnia, and a wide range of other ailments. This is what world-renowned integrative physician Dr. Roberta Lee has defined as the SuperStress syndrome, which is caused by our overstimulated, undernourished lifestyle. In this empowering, life-changing book, Dr. Lee presents the solution to SuperStress. She shows how you can build stress resistance and resilience into your life with a unique prescription for recognizing, rebalancing, and protecting against stresses small and large. Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, The SuperStress Solution then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert. Discover how to

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Baby Boomers are reinventing retirement just as they have so many other aspects of their lives. They will live longer and be healthier than their parents and grandparents, and they plan to remain relevant, be fulfilled, and leave legacies. Many will continue to work well into their 70s and 80s, some because they want to, others because they need to. The Retirement Boom is a practical roadmap for making your “retirement years” a time of reinvention, excitement, and fulfillment. The coauthors of this practical guide are four Boomer professionals who have walked the walk and transformed themselves from corporate executives, CEOs, consultants, and national security policy experts into a range of new careers that more closely hew to their passions. They interviewed more than 300 people and 30 organizations in the writing of this book. The Retirement Boom includes tips, stories, exercises, and techniques to help you: Design your own “retirement” and plan for it. Use your time creatively and well. Understand what's changing in the workplace and the workforce today. Make your money last. Renegotiate life at home. Improve and keep your health. Build and leave a legacy. Simplify your life. And much, much more.

Skip Heitzig, pastor of a 15,000 member mega-church, shows readers how to defy the pressures of this worldly life, and soar above the status quo to experience the divine.

For most people, life today means less sleep, less leisure, and less exercise; semi-present parenting, junk food eaten on the run, more caffeine and more work. Our 24/7 news cycle shouts at us from every screen, keeping us on edge with haunting images of war abroad, terror at home, and threats to our finances and health around every corner. The depth and breadth of these phenomena have so profoundly impacted the quality of our lives that the way our bodies respond to it has devolved into a new diagnosis - SuperStress Syndrome - a form of Post-traumatic Stress Disorder produced by the 21st century's over-stimulating lifestyle. Under normal conditions, confronted with dangerous challenges, the human body releases stress hormones that prepare it to meet the demands of the perceived emergency, but then returns the nervous system to a restorative state when the crisis has passed. With SuperStress, stress hormones flow unabated and, unable to adapt to and accommodate this chronic hormonal surge, the human body begins to break down. In addition to immune deficiencies, acute gastrointestinal issues, high blood pressure, chronic inflammation, obesity, and insomnia, this process creates a numbing effect, causing those who experience SuperStress to often mistakenly identify themselves as 'being in control' and able to 'rest' at will. And so the insidious biological cycle continues. The SuperStress Solution shares world-renowned integrative physician Roberta Lee's unique prescription for recognizing, rebalancing, and protecting against the symptoms of SuperStress. It provides a comprehensive questionnaire to help readers evaluate their own level of stress, as well as a healing four-week programme - a series of small, easy-to-incorporate steps toward physical and emotional wellness - that will reset the nervous system and restore a sense of serenity, a well from which to draw strength day to day. The innovative SuperStress Solution programme includes: * Specific recommendations for healing nourishment - the super-foods, herbs and supplements that repair SuperStress damage and that will sustain the body during inevitable times of stress * A detoxification diet to jumpstart the physical repair process, as well as sample menus and a long-term eating plan * Novel ideas for synchronizing routines to a saner pace as well as Dr. Lee's prescription for better sleep * Illustrated exercises that can be done in 5 minute to 1 hour increments: from walking to stretching to golfing - there's something for everyone! * Proven meditative and relaxation techniques that create sanctuary, peace and calm in the moment

Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of Operation Beautiful. In Healthy Tipping Point, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for goodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, Healthy Tipping Point provides the drive to thrive.

From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In Be Fruitful, Dr. Victoria Maizes, an expert on women's health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, Be Fruitful offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, Be Fruitful acknowledges that wellness comes from caring for the entire person—not just the physical body—a crucial factor for the countless women trying to conceive and committed to transforming their overall health.

Frank Sepe's Abs-olutely Perfect Plan for a Flatter Stomach answers all the questions you want to know about building abs. You not only get the perfect eating, cardio and ab plan, but you also get full-body workout plans to take your physique to the next level, with full-color photos illustrating all of the ab and workout exercises. The abdominal program presented here by world-renowned fitness expert and ESPN2-Cold Pizza host Frank Sepe will clear up all of that confusion and misinformation and will finally help you reach your goal of a smaller waistline and a ripped midsection. Everything and anything you want to know about abs and how to achieve them is in this book.

Get the body you've always wanted in six weeks Cheerleaders are the ultimate symbol of youth, beauty, strength and sex appeal—what woman wouldn't want to look like one? Get the body of your dreams—no gimmicks, no starvation, and no props. Former NFL cheerleader and fitness expert Lindsay Brin has been helping women achieve healthier minds and bodies for over fifteen years. Using her comprehensive six-week plan, any woman can achieve their ideal weight, whether it's a busy mother of three eager to get her body back, a twenty-something woman just getting started on a fitness program, or an avid exerciser interested in trying something new. Loaded with valuable tips and tools to keep you looking and feeling great: * An effective combination of strength training, yoga, and cardio * Custom twenty-five minute workouts-perfect for women on the go * Nutrition advice to help you manage your metabolism * Beauty tips and advice from other NFL cheerleaders

Internet celebrity Kevin Gianni was intent on finding the keys to perfect wellness and sharing them with the 10 million viewers of his YouTube show, Renegade Health. So he and his wife bought a 36-foot, bio-fueled RV - dubbed "the Kale Whale" - and spent two and a half years crisscrossing the continent, talking to experts and ordinary folks about what works and what doesn't when it comes to a healthy life. Gianni drank wheatgrass shots, gave up sugar, said goodbye to coffee, and used himself as a guinea pig to uncover the truths and myths behind every nutrition plan said to guarantee good health. As he cycled through "healthy" diets - vegetarian, vegan, raw foods, and more - he got sicker and sicker. Finally, he hit bottom and had to give up healthy eating to save his life. Kale and Coffee is the often hilarious, picaresque tale of how Gianni went from skinny, raw-food vegan faddist to bloated, out of shape omnivore before finding the middle way to an imperfectly healthy and (more) balanced life. The journey takes him from the

Peruvian Andes to salt flats in Mexico to a pig farm and butcher shop near his northern California home. Along the way, he has his brain scanned and his pantry tested for toxic metals, does an all-water fast, runs the grueling Tough Mudder endurance race, and obsesses on the secrets of the world's longest-lived people. With the humor and practical wisdom that have delighted millions, Gianni shows you how to sidestep the health hype, diet fads, and weight-loss promises littering the path to wellness. Drawing on his own experience and the advice of trusted experts, he guides you in finding your own personal plan for optimal nutrition and fitness. Includes the Kale and Coffee 21-Day Jumpstart

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