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In *Smart People Don't Diet*, Dr. Charlotte N. Markey offers a refreshingly different approach to weight management. Based on more than 100 years of research by scientists, doctors, nutritionists, and psychologists, Dr.

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Markey's plan addresses the underlying causes of weight gain and offers proven strategies for healthful, lasting weight management, including advice on how to eat well, lose weight, and keep it off.

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Smart people just don't diet, and here are 6 of the best reasons they

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don't: Dieting can make you gain weight. Here's a little-known fact: Not only do people sometimes not lose weight when they... Dieting uses valuable brainpower. When people diet, they typically keep records of what they eat, or ...

6 Reasons Smart People Don't Diet | Psychology Today
SMART PEOPLE DON'T DIET is a refreshingly

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logical and level headed approach to weight loss that really focuses on gradual long term modifications over quickie fad diets, which is definitely a change from so many of the low carb and paleo fads that seriously get old and exhausting after a while.

Smart People Don't Diet: How the Latest Science Can Help ...

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Smart People Don't Diet How to eat well and be healthy through psychology, common sense, and the latest science.

Smart People Don't Diet | Psychology Today

In Smart People Don't Diet, Dr Charlotte N. Markey present In fact, studies show that dieters often gain weight rather than lose it, because the

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intensity, restrictions, and short duration of most diets means they are ill-equipped to produce long-term effects.

Smart People Don't Diet: How Psychology, Common Sense, and

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“Smart People Don’t Diet” PHL17 Morning News. by: PHL17 Morning News Desk. Posted: Jan 2, 2020 /

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“Smart People Don’t Diet” | PHL17.com

Fad diets are followed because they seem to work and work fast.

The truth is that any

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diet can help someone lose weight. In a much publicized case, one man lost weight just by eating Twinkies all of the time. 85% of people can lose weight while they are dieting, but the fad diet only allows for about 15% of people to keep that weight off.

23 Exceptional Fad Diet Statistics - HRF

The IC-Smart Diet*

Many people with

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interstitial cystitis (IC) find that changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods known to be common bladder irritants, such as coffee or citrus products, is a good idea. This helpful guide can help you make “IC-Smart” meal choices. Keep it handy

The IC-Smart Diet - Elmiron

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These diets don't work! When you look at the data (and reflect on your own experiences I bet), it becomes painfully obvious. Smart people just don't diet. Here are 6 of the best reasons not to. 1) Dieting can make you gain weight. Here's a little known fact: Not only do people sometimes not lose weight when they diet, but they often GAIN weight.

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6 Reasons Smart People Don't Diet | Charlotte Markey, Ph.D ...

The scale is an objective measurement tool, but don't get overly obsessed with it, especially if it isn't budging or your weight loss is slow going. Body weight is one aspect of health, but there are others. Meeting your weekly exercise goals and goals to improve

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the quality of your daily diet is wonderful progress in the right direction.

Set SMART Goals for Dietary Change with DASH - dummies

smart people don t diet
Being on a diet is a miserable experience for most people, and it rarely leads to the desired goal of shedding fat. In fact, studies show that dieters often gain

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weight rather than lose it, because the intensity, restrictions, and short duration of most diets means they are ill-equipped to [...]

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underlying causes of weight gain and offering proven strategies for lasting weight management. This book will show you how to eat well, lose weight, and keep it off - without dieting.

Smart People Don't Diet by Charlotte Markey, Paperback

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