



## Look Hot, Live Long The Prescription for Women Who Want to Look Their Best While Enjoying a Long and Healthy Life

By Christine Lydon

Paperback. Book Condition: New. Paperback. The best way to cure illness, as renowned nutritionist Dr. Christine Lydon explains, is to prevent it. And illness prevention begins with good nutrition, weight management, and fitness. Look Hot, Live Long offers Dr. Lydon's simple, proven prescription for women who want to look their best, feel their best, and live a long, healthy life. Using scientifically supported dietary guidelines, cutting-edge training techniques, and practical strategies for incorporating both into daily life, Dr. Lydon explains how we can manage (and lose) weight, tone the body, and promote overall health and well-being simply and successfully. In her program eating right is not synonymous with deprivation and suffering, and staying active does not entail long hours devoted to a human hamster wheel. Part One, which focuses on nutrition, assists readers in improving their nutrition IQ, explaining first how the body uses macronutrients-carbohydrates, protein, and fat-and then how to turn those physiological processes to a health-endowing purpose. Readers will learn strategies for successful dieting as well as dietary techniques to support the heart, bones, digestive system, and mental health, and to combat cancer. In Part Two, which focuses on strength training and physique sculptin, Dr. Lydon explains why...



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