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The Prime: Prepare and Repair Your Body for Spontaneous Weight Loss

Kulreet Chaudhary

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READY TO GIVE UP THE FIGHT - AND WIN THE WAR?

Integrative neurologist Dr. Kulreet Chaudhary discovered a beautiful side effect to the eating and lifestyle tools she gave her brain patients--spontaneously shedding excess pounds. In this, her first book, she shows us how to sharpen the brain, and smarten and heal the gut. Weight gain is not about the food, but about the body's environment. Excess weight is a result of the body being in a toxic, inflammatory state. If your body is not prepared or 'primed' for weight loss, you will fight an uphill biochemical battle. Her program is not about what you can't have or do, it's about adding simple teas and herbs, and succeeding without giving up any foods you love. With *The Prime*, Dr. Chaudhary has reverse engineered our way of eating, so we can stop dieting backward and start losing weight instead. You'll learn:

--The importance of neuroadaptation, food addiction, and the brain (or, why your brain and gut have made it so hard to lose weight in the past!)
--Why it's not about what you eat, but what you digest
--How to determine if you have a Leaky Brain—and what The Prime can do about it (hint: everything)
--How to easily crush cravings (no willpower required), ignite energy and fat, and biohack your lifestyle habits.

Lastly, you'll learn how to live fully Primed, the secrets of the Super-Primed, and when you're ready to explore new foods, how to eat according to your unique constitution.

PREPARED TO LIVE AT YOUR PRIME?

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