

From the co-founder of Women to Women, one of the first clinics in the country devoted to providing health care for women by women, comes a whole new way to look at weight loss: The Core Balance Diet. Marcelle Pick draws upon decades of patient and personal experience to solve the mystery of stubborn, frustrating weight gain in women, whether you've just gained it or have been struggling with it for years. This breakthrough program, which has benefited many of the thousands of women who visit the clinic each year, is rooted in cutting-edge nutritional science that explores the weblike relationship between women's hormones, metabolism, and weight gain. In clear terms, Pick connects the dots between self-knowledge, self-care, and the ability to lose weight, extending the concept of body-mind-spirit to demonstrate why and how a woman's biography becomes her biology. At its most basic level, The Core Balance Diet shows you how to self-diagnose one of six major biochemical imbalances that may be preventing you from losing weight. These include digestive, hormonal, adrenal, neurotransmitter, inflammatory, and detoxification imbalances. From there, Pick guides you through easy lifestyle and diet changes customized to heal your specific imbalance. Throughout, you will learn how to begin living in a manner that encourages optimal health "without a lot of deprivation and stringent dieting rules" by achieving core balance from the inside out, and, of course, weight loss for life.

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