

Vægttab og sundhed

SLUT FRED MED DIN KROP

uden forbud og strenge kure
- men med selvkærlighed,
opmærksomhed og en helt
passende mængde guidning.



Slut Fred Med Din Krop

A Gutmann



Slut Fred Med Din Krop:

Mæt og slank med LCHF Jane Faerber, 2014-01-30 I alt for mange år har vi lært at vægttab er ensbetydende med afsavn, lidelse og sult. Men ingen kan holde ud at være sulten i længere tid af gangen, og derfor er det projekt dømt til at mislykkes. Med LCHF starter vi et helt andet sted. Vi starter med at spise rigtig mad. Mad som kroppen kan forstå og genkende som mad, og som vi kan spise os mætte i med god samvittighed. Når vi lægger kosten om til STRIKS LCHF og spiser kulhydrater og mere fedt, sker der nemlig det fine: at kroppens maskineri skifter brændstof. Og i stedet for at bruge kulhydrater som energi forbrænder kroppen nu fedt som energi. Det har den benlyse fordel: at kroppen nu har fri adgang til de reserver, vi i renæssancen har bygget op og lagret rundt omkring på vores krop.

Stærk, let og mæt Anne Hjernø, 2019-04-30 Slut med mellemmaltider. Anne Hjernø troede hun kunne gå og tage sig over 20 kilo i fred og ro. Men efter et tv-program fik hun en storm af henvendelser fra folk, der gerne ville vide, hvordan hun havde gjort, og om hun havde nogen gode råd. Derfor har hun skrevet denne bog. Mange af os går i revis og leder efter det lille trick, der vil få os til at tabe de overskydende kilo, vi så gerne vil af med. Det lille trick, som ingen har tænkt på før. Det der gør at vi uden at ændre på vores dejlige magelige liv pludselig opdager at kiloene rasler af. Men er der et trick, eller er det bare hårdt arbejde, der skal til? Ja, til begge dele. Her i bogen fortæller Anne Hjernø, hvad der viste sig at være tricket for hende, og det der kickstartede et vægttabsforløb. Hvad der skete, og hvordan det gik. En historie, der blandt andet indeholder erkendelsen af, at mellemmaltider er en af de store skurke. Anne har tabt sig over 20 kilo på et år, men hendes primære fokus har ikke været vægten alene. Hun ville gerne have en krop, der er sund og stærk, at den kan holde skavankerne fra døren og holde i mange år fremover. Også disse erfaringer deler hun ud af. Anne kombinerer i bogen en 14 dages kostplan med 50 nye sunde og superlækre opskrifter, et træningsprogram og en masse praktiske tips og tricks fra en, der har været der selv. Selvom undskyldninger som travlhed, små skavanker, overgangsalder og bare generel manglende motivation spander ben i det daglige, motiverer hun dig til selv at tage skridtet og viser at det måske slet ikke behøver at være så svært.

Spis efter din kvindetype Marie Steenberger, 2011 Forstå og træn din følelsesmæssige intelligens Bent Petersson, 2024-09-20 Denne bog handler om, hvad du skal gøre for at træne og udvikle dine følelsesmæssige færdigheder for at blive positiv. Med dine følelser tolk dem rigtigt og følg dem. Du vil lære at alle dine følelser vil dig noget godt. At følelserne er skabt for at bevare dit liv. I stedet for at lide bliver du i stand til at gribe ind straks du mærker en negativ følelse. Ved hjælp af metoden psympagine gennemgår Bent Petersson en række spændende metoder, man kan træne sig følelsesmæssige intelligens. Bogen viser, hvordan man ved at gøre sig bevidst om sit eget følelsesliv kan vende de negative følelser til noget positivt og blive et bedre og lykkeligere menneske. Af det Forstå og træn din følelsesmæssige intelligens er anden bog i Bent Peterssons trilogi om at bruge psympagine metoden til at ændre sine følelser positivt. Bogen udkom første gang i 2006. Bent Petersson er en dansk forfatter, der står bag en lang række selvhjælpsbøger. Han bruger metoden psympagine som hjælp for folk til at leve et bedre og mere positivt liv. Bent Petersson har blandt andet udgivet bogen *Følelsernes forunderlige sprog* og dets dybe spor.

Med

kroppen som anker Diane Holberg, 2021-06-15 Hvor er min krop henne lige nu Et simpelt spørgsmål med en dybtgående virkning Et spørgsmål du vil kunne svare på når du gennem bogen har lært at afsløre og samarbejde med din krop Lært at tale dens sprog Som læser opfordres du til at læne dig tillidsfuldt ind i din krop og slippe behovet for at analysere og forstå Integreret Kropsterapi er en meget konkret og dybt intuitiv behandlingsform på samme tid Den anskuer dine udfordringer og din smerte fysisk som psykisk ud fra både krop sind og sjæl Alt sammen med kroppen som anker så du med den ikke bliver for flyvsk ej heller for intellektuel og analyserende i tilgangen til din smerte Bogen giver et kort indblik i Dianes personlige historie og hele baggrunden for tilblivelsen af denne behandlingsform og metoden du lærer i denne bog Bogen er fuld af konkrete velser som levende gøres med eksempler både fra hendes klienter og Dianes eget liv Gennem konkrete kropslige velser lærer du trin for trin at tale kroppens sprog Så du med udgangspunkt i din krop kan du få bevidstgjort dens budskaber som lige nu er flettet ind i fysiske sansninger og reaktioner Dine mange liv Mira Kelley, 2017-01-23 Dine mange liv handler om reinkarnation

og hvordan man kan arbejde med regression til tidligere liv for at opnå healing og hjælp til at løse problemer i dette liv Forfatteren og regressionsterapeuten Mira Kelley fortæller om livsforvandlerne i reprocesser hun selv og hendes klienter har gennemgået og instruerer samtidig i hvordan læseren selv kan få kontakt til sine andre liv og sit højere selv for at modtage spirituel vejledning Gennem velser og meditationer vil læseren få mulighed for at opdage hvordan alt omkring os kun er en spejling af os selv hvorfor det er vigtigt at tilgive hvorfor vi har ret til at elske os selv hvad der er vores livsform og hvordan universet altid korrigerer og betingelsesløst støtter os Beretningerne i bogen bidrager med indsigt i tidens karmaens skabens og den frie viljes natur og hvordan hvert eneste valg vi foretager skaber en ny virkelighed for os Bogen er fuld af dyb spirituel indsigt ny viden om reinkarnation og praktiske velser der kan bruges af alle **Bliv Klar Til Vægttab** Helle

Marcussen, 2009-06 Ny bog Bliv klar til vægttab og tab dig med Helle Marcussen Bliv psykisk klar og få overskud til at ændre dine kostvaner inden du kaster dig ud i slankekure der er dømt til at mislykkes citat af Helle Marcussen Ifølge professionsbachelor i ernæring og sundhed Helle Marcussens bog skal du ikke lide af sult for at tabe dig Tværtimod findes der masser af sund og velsmagende mad der mætter og som samtidig giver dig et varigt vægttab citat af Helle Marcussen I første del af Helle Marcussens bog vil du blive psykisk klar og få et overskud til dit kommende vægttab Du vil blive præsentert for enkle selvterapeutiske redskaber og en planlægningsstrategi som du lærende vil blive involveret i Når i første del af bogen er læst og arbejdet går du videre til bogens anden del der vil fortælle dig om hvordan du sammensætter en sund kostplan på en nem og overskuelig måde Til sidst i bogen vil der være sunde opskrifter som kan hjælpe dig godt i gang med dit slankeprojekt Bogens målgruppe er overvægtige personer fra teenagealderen og op efter Endvidere er målgruppen baseret på det raske menneske som ønsker en alsidig og sund kost med henblik på et varigt vægttab Vores Guddommelige Krop Elsebeth Karsholt, 2020-09-25 Denne bog bærer for nye mennesker der arbejder med sundhed Det er en brugsbog fyldt med velser til eget brug til undervisere og til brug i spirituelle grupper De mange velser bærer for kontakt til kroppens indre og til naturens og

krystalenergiens helende kræfter velserne skaber en energetisk kontakt der aktiverer vores selvhelbredende kræfter De kan anvendes i forhold til sundhed på alle planer celler organer muskler blod og nederst også i forhold til hverdagens udfordringer Der er således velser der retter sig mod angst og uro stærk forgiftning og anspændthed Nogle velser henvender sig også til børn og unge *Madmentor* Sofia Manning, Marie Steenberger, 2017-02-10 Drømmer du om at leve sundere og tabe dig men er træt af kostregler og kure Såfremt du her gode råd til at bryde dine vaner For de fleste ved godt hvad de skal spise for at tabe sig og leve sundere men har svært ved at efterleve det Denne bog er bygget op som et coaching forløb der trin for trin hjælper dig med finde din naturlige vægt og lykkedes med at nå dine mål Bogen indeholder desuden opskrifter som du kan bruge som inspiration til at komme i gang med de nye sunde vaner Wim Hof-metoden Wim Hof, 2021-01-04 Selvom Wim Hof er indehaver af 26 verdensrekorder så peger hans præstationer efter hans egen mening på noget der går meget dybere end fysiske udfordringer og udholdenhed Når vi får kontrol over vores egen sundhed og vitalitet gennem hans teknikker bliver vi forbundet med vores dybeste indre kilde til styrke og velvære Vi kan bruge kraften i vores eget nederst og vores bevidsthed til at overvinde vores vanebetingede reaktioner på kulde og dermed overvinder vi hele den kulturelle programmering der gør os syge og små Når vi fuldt ud forstår at vi kan styre vores biologi opdager vi at vi kan styre vores liv , *Til en fremmed* Nina

Belling, 2017-04-06 I 1475 rejser den danske dronning på pilgrimsfærd til Rom Med i følge er Christine og hendes mor kongens tidligere elskerinde og undervejs på rejsen bliver moren bortgift til en florentinsk skriver Han opdager snart at den lille pige har et usdvanligt talent for at skrive bogstaver og Christine bliver hurtigt den dygtigste i hans scriptorium Fra sin mor der har hjemve hører Christine om et såkaldt hændskrift som den danske konge gav hende med på rejsen Det giver hende forventninger om en stor fremtid som er ulseligt forbundet til det såkaldte skrift Da det rygtes at stedfaderen har det gamle skrift i sin besiddelse opsøger han af mange som er interesserede i at få fingre i det Fra sin skrivepult forsøger Christine at vogte sin skat men en dag er hændskriftet alligevel sporløst forsvundet Mistanken falder straks på Christine og da stedfaderen senere findes myrdet og en fremmed afhenter Christine for at få hende til et hus langt ude i bjergene synes altså hun om en fremtid ude Nina Belling født 1957 er uddannet lærer I år 2000 debuterede hun som forfatter med romanen Til en fremmed

Evangelii Basun [weekly]., 1913 **Alkaline living. En enkel guide til et sundt liv** Maiken Buchwald, Bettinna Laxholm Delfs, 2015-10-14 En enkel guide til et sundt liv Alkaline lyder måske fremmed men vil du være glad veltilpas og fuld af energi være sund slank og blive gammel uden at være syg så er denne bog i den grad værd at se nærmere på Alkaline betyder basisk og ALKALINE LIVING handler om at spise og leve på en måde som holder din krop og dens celler i balance og fri for unødvendig syre Gevinsten er at du på alle måder bliver den sundeste gladeste og smukkeste udgave af dig selv at du får dig yngre har overskud energi og sover som en sten I ALKALINE LIVING får du opskriften på hvordan du tilrettelægger kost motion og dagligdag så den bliver mindre syredannende og mere basisk Ligner din hverdag de fleste danskere er du nemlig alt for sur Og for meget syre i kroppen gør ud over blodtryk humør stressniveau hud energi og fordøjelse ligesom det påvirker dit

immunforsvar og ger risikoen for infektioner og livsstilssygdomme Holder du til geng ld din krop let basisk giver du dine celler de allerbedste livsbetingelser og derfor vil en basisk livsstil p virke dit liv positivt p et utal af m der Lige fra m den du spiser t nker f ler og lader dig stresse p til m den du bev ger dig og tr kker vejret p Og den gode nyhed er at sm ndringer i din livsstil er nok til at g re en forskel Gl d dig til l kre opskrifter blid tr ning og gode r d om livsstil s vn ford jelse og antiage der er nemme at tilpasse netop din hverdag BETTINNA LAXHOLM DELFS er bev gelsesp dagog kostvejleder og livsstilscoach og har i 30 r guidet mennesker til en sundere livsstil og mere gl de og velv re i hverdagen Hun er Master i NLP EFT terapeut META Health Master mm og har udviklet det holistiske tr ningssystem Body Balance *Guds Børns daglige adgang til Naadestolen* ,1862 Den Kristelige talsmand ,1907 *Mens vi strikker* Trine Gadeberg,Ditte Hansen,Christiane Gjellerup Koch,2021-11-01 Mens vi strikker er baseret p den popul re podcast af samme navn som de tre skuespillere Ditte Hansen Christiane Gjellerup Koch og Trine Gadeberg st r bag Hver uge m des de i strikkeskuret for at strikke og n rde teknikker garn farver og m nstre mens de med humor selvironi og alvor taler om alt fra klimaangst til venskaber og vinterbadning Det gode ved at strikke er nemlig at man kan tale imens Bogen indeholder 20 strikkeopskrifter fx en nem begyndersweater en farvestr lende bikini og en street smart hoodie som hver is r udspringer af personlige fort llinger fra de tre farverige strikkes liv og flankeres af en drink for som alle ved Strik rimer p drik Bogen er sm kfuld af l kre fotos gode strikketips introduktioner til sp ndende teknikker drinksopskrifter og Christianes strikkehistoriske indslag Mens vi strikker er en sand bolsjebutik af livs og strikkegl de l kre opskrifter og sjove anekdoter for f rste gang samlet p t sted God aften om i hemma är! Carl Wilhelm Sydow,1917 **Alt eller intet** Simona Ahrnstedt,2018-06-04 Simona Ahrnstedt Sveriges romancedronning er tilbage Lexia Vikander er tekstforfatter p et reklamebureau og hun elsker sit arbejde selvom hun ikke altid f ler sig godt tilpas ved siden af sine polerede leslanke og sundhedsfikserede kolleger Derudover er hendes arbejdsplads i opr r for en ny ejer har taget over og rygtet siger at der er en k mpe fyringsrunde p vej En aften sidder Alexia p en bar og fors ger at drukne sine bekymringer i alt for mange lyser de drinks Ingen flirter med hende og hun f ler sig helt igennem mislykket Men pludselig sidder han ved siden af hende Den smukkeste mand hun nogensinde har set Adam Nylund er forstads l mlen som blev administrerende direkt r og er kendt for sin hensynsl shed Nu er han kommet til Stockholm for at rydde op i selskabets nye reklamebureau Egentlig har han ikke tid til andet end sit arbejde men kvinden p barstolen ved siden af er sv r at st for I hvert fald indtil hun giver ham et fordrukkent kys og kaster op p hans sko Mandag morgen m des de igen Lexia og hendes nye chef Adam Alt eller intet er en st rk velskrevet og underholdende roman om k rlighed og karriere af forfatteren til Arvingen L ftet og Vovestykket der har solgt over 25 000 eksemplarer i Danmark **Tidsskrift for ung dansk litteratur** ,1939

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