



The Ripple Effect (Paperback)

By Greg Wells

HarperCollins (Canada) Ltd, Canada, 2018. Paperback. Condition: New. Language: English . Brand New Book. In his new book, Dr. Greg Wells offers concrete strategies on how to get better and stay better--not just for a few weeks or a few months, but for life. Optimal well-being is obtained through a commitment to the holy trinity of healthy living--eating better, moving better, sleeping better. Together these lead to peak physical performance. With tremendous insight into the physiology of the human body and the reasons mankind has evolved the way it has, The Ripple Effect exposes exercise and diet myths, inspiring you and leading you on a clear path to achieving a health and fitness transformation. With small--and very achievable--daily changes in your life, you ll see the incredible effects of aggregate gains that professional athletes know. You ll learn how: Eating broccoli provides the body with more protein per calorie than eating steakUsing one teaspoon less of sugar per day would help you lose four pounds of fat per yearWalking for fifteen minutes per day decreases your risk of cancer by fifty per centPlaying games like tennis can prevent Alzheimer s diseaseLosing ninety minutes of sleep reduces daytime alertness by nearly...



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-- **Troy Dietrich DDS**

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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