

what is in mct wellness

What's in MCT Wellness? Unpacking the Benefits and Potential Downsides

Are you curious about MCT wellness products flooding the market? Maybe you've seen them touted as the key to weight loss, boosted energy, or improved brain function. But what exactly is in MCT wellness products, and are they all they're cracked up to be? This comprehensive guide dives deep into the world of MCTs, exploring their composition, benefits, potential drawbacks, and helping you determine if they're the right addition to your wellness routine. We'll cut through the marketing hype and provide you with the unbiased information you need to make an informed decision.

Understanding MCTs: The Building Blocks of MCT Wellness

The core ingredient in MCT wellness products is medium-chain triglycerides (MCTs). These are a type of saturated fat found naturally in coconut oil, palm kernel oil, and dairy products. Unlike long-chain triglycerides (LCTs), which require more energy to digest, MCTs are easily broken down and absorbed by the liver, leading to a rapid source of energy. This quick absorption is the foundation of many of the claimed benefits.

MCTs are composed of different fatty acids, primarily:

Caprylic Acid (C8): Known for its antimicrobial properties, often associated with gut health.

Capric Acid (C10): Another fatty acid with potential antimicrobial benefits.

Lauric Acid (C12): While technically a medium-chain fatty acid, it's often considered a "medium-long" chain and metabolizes slightly differently. It's found in abundance in coconut oil.

Lauric Acid (C12): Technically a medium-chain fatty acid, its metabolism is slightly different, and it's prevalent in coconut oil.

The Claimed Benefits of MCT Wellness Products: Fact vs. Fiction

Many MCT wellness products promote a range of health benefits. Let's analyze the evidence behind these claims:

1. Increased Energy: The rapid absorption of MCTs translates to a quick energy boost. This can be beneficial for athletes or individuals

experiencing low energy levels. However, it's crucial to remember that this is a short-term energy source, not a sustainable solution for long-term energy needs. A balanced diet and sufficient sleep are far more important for consistent energy.

1. **Weight Management:** Some studies suggest that MCTs might aid in weight loss by increasing satiety (feeling full) and boosting metabolism. However, the evidence is not conclusive, and weight loss is multifaceted, relying on a combination of diet, exercise, and overall lifestyle. MCTs alone are unlikely to lead to significant weight loss without other lifestyle changes.
1. **Improved Cognitive Function:** Research suggests that MCTs may benefit individuals with neurological conditions like Alzheimer's disease. They can be a potential source of ketones, which the brain can utilize as an alternative energy source. More research is needed to fully understand the impact on healthy individuals.
1. **Gut Health:** The antimicrobial properties of caprylic and capric acid may contribute to improved gut health by combating harmful bacteria. However, more research is necessary to solidify this claim. A balanced diet rich in fiber and probiotics is crucial for overall gut health.

Potential Downsides of MCT Wellness Products

While MCTs offer potential benefits, it's important to be aware of potential drawbacks:

Digestive Issues: Consuming too many MCTs can lead to digestive upset, including diarrhea, nausea, and stomach cramps. Starting with small doses and gradually increasing intake is advisable.

Liver Stress: Because MCTs are processed by the liver, excessive consumption could potentially stress the liver. This is especially relevant for individuals with pre-existing liver conditions.

Nutrient Deficiencies: Relying heavily on MCTs for energy might lead to neglecting other essential nutrients found in a balanced diet. MCTs should supplement, not replace, a healthy eating plan.

Product Purity and Quality: The quality and purity of MCT oil can vary significantly between brands. It's essential to choose reputable brands that prioritize quality control.

Choosing the Right MCT Wellness Product: A Buyer's Guide

When selecting MCT wellness products, consider the following:

Source of MCTs: Look for products derived from coconut oil or palm kernel oil, avoiding those from questionable or unsustainable sources.

Fatty Acid Composition: Pay attention to the ratio of C8 and C10 fatty acids, as they are generally considered more easily digestible and beneficial.

Purity: Choose products that are free from additives, preservatives, and other unwanted ingredients.

Third-Party Testing: Opt for brands that undergo third-party testing to verify purity and quality.

Conclusion

MCT wellness products offer potential benefits, particularly as a source of rapid energy and potentially aiding in specific health conditions. However, they are not a magic bullet. It's crucial to use them responsibly, starting with small doses, monitoring for any adverse effects, and incorporating them into a balanced diet and healthy lifestyle. The claims surrounding MCTs need further research in many areas, so approach them with a critical and informed perspective. Remember, a holistic approach to wellness, encompassing diet, exercise, and stress management, is far more effective than relying on any single supplement.

FAQs

1. Can I use MCT oil for cooking? Yes, MCT oil is heat-stable and suitable for cooking at moderate temperatures. However, avoid high-heat cooking as it may degrade the oil.
1. Are MCTs suitable for everyone? While generally safe for healthy individuals, those with liver conditions or digestive sensitivities should consult a doctor before using MCT oil.
1. How many grams of MCT oil should I consume daily? Start with a small amount (1-2 teaspoons) and gradually increase it based on your tolerance. Exceeding recommended daily intakes can lead to digestive problems.

1. What are the best sources of MCTs besides supplements? Coconut oil and palm kernel oil naturally contain MCTs, although the ratios of different fatty acids may vary.

1. Are there any interactions between MCT oil and other medications? While rare, potential interactions exist. Consult your doctor or pharmacist if you are taking any medications, particularly those affecting liver function or digestion.

what is in mct wellness: Dr. Colbert's Keto Zone Diet Don Colbert, 2017-09-05 Achieve optimal healthy living and effective weight loss through Dr. Colbert's Keto Zone Diet. Learn what the Keto Zone is, why the Keto Zone diet works, and how to put the Keto Zone diet to work for you. Forget every traditional dieting program you've heard of, or even tried. Dr. Colbert's Keto Zone Diet revolutionizes the dieting industry by helping you lose weight without starving yourself, feeling hungry, or losing energy by following a high fat, low carb, and moderate protein diet. Dr. Don Colbert provides special ketogenic recommendations for those with cancer, high cholesterol, Alzheimer's, and many other ailments. Following the Keto Zone diet will help you burn fat, balance appetite hormones, lose weight, and reverse or prevent many diseases! This book includes: -A 7-day meal plan -A shopping guide for the ketogenic lifestyle -A guide for clearing your fridge and pantry of the unhealthy foods that keep you out of the Keto Zone -Instructions on checking your ketosis levels and maintaining your unique Keto Zone Start reclaiming your health today through Dr. Colbert's Keto Zone Diet!

what is in mct wellness: Unlocking the Keto Code Dr. Steven R. Gundry, MD, 2022-03-08 From the author of the New York Times bestselling Plant Paradox series comes this revolutionary take on the keto diet that debunks common myths and shows readers how to reap the rewards of keto with less restriction Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In *Unlocking the Keto Code*, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book. Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and it's not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy

better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, Unlocking the Keto Code makes going keto easy and enjoyable for the first time.

what is in mct wellness: Eat Fat, Get Thin Dr. Mark Hyman, 2016-02-23 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting edge way to lose weight, prevent disease, and feel your best.

what is in mct wellness: The Longevity Paradox Dr. Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller The Plant Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In The Longevity Paradox, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In The Longevity Paradox, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, The Longevity Paradox offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

what is in mct wellness: Dr. Gundry's Diet Evolution Dr. Steven R. Gundry, 2009-03-03 A renowned heart surgeon presents an accessible, research-based program to teach you how you can “reset” your genes to restore your health, lose weight, and extend your life. Does losing weight and staying healthy feel like a battle? Well, it’s really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Dr. Steven Gundry’s revolutionary book shares the health secrets other doctors won’t tell you: • Why plants are “good” for you because they’re “bad” for you, and meat is “bad” because it’s “good” for you • Why plateauing on this diet is actually a sign that you’re on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry’s easy-to-remember tips will keep you healthy and on course.

what is in mct wellness: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was

hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

what is in mct wellness: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling *The Plant Paradox* is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

what is in mct wellness: Happy Gut Vincent Pedre, 2015-12-29 Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop *The Gut C.A.R.E. Program*—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them

with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

what is in mct wellness: Gutalicious Kirsty Wirth, 2017-12 Balancing your biome, nourishing your brain. This book makes rebalancing the body and more specifically your gut microbiome delicious, absolutely nutritious, fun, colourful and of course full of gut loving bugs.

what is in mct wellness: A True Winner Katherine Viola, Kathy Franco, 2009-01-27 A young girl has faith that her donkey can win a horse contest. It doesn't matter that she's different than the others, she is still special.

what is in mct wellness: The Plant Paradox Cookbook Dr. Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

what is in mct wellness: CLEAN 7 Alejandro Junger, 2019-12-03 The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean 7*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean 7* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your

goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on everything from prepping your kitchen to prepping your mind, Clean 7 revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, Clean 7 is the answer. Discover what it truly means to be healthy.

what is in mct wellness: Counseling for Wellness Jane E. Myers, Thomas J. Sweeney, 2005 Destined to become a classic in the field, Counseling for Wellness presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

what is in mct wellness: Beyond Radiant Marlyn Diaz, 2020-10-12 Eat well. Live well. Thrive. Based on decades of research and experience, Marlyn Diaz shares case studies, sound science and simple strategies designed to change your life.

what is in mct wellness: The Cruise Control Diet Jorge Cruise, 2019 Activate your weight-loss autopilot--use the power of simple on/off fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything. Or, as #1 New York Times bestselling author and celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as intermittent fasting, Cruise simplifies your calendar by dividing every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight burn zone (semi-fasting) followed by an 8-hour boost zone (eating). To help you crush cravings throughout, he ingeniously introduces foods that can be consumed in either zone to keep you burning fat all around the clock. You'll never be hungry if you don't really ever have to fully fast! Putting the body on weight-loss autopilot, The Cruise Control Diet includes: - 50 recipes for deliciously unexpected boost-zone foods, such as Margherita pizza, spaghetti squash lasagna, and turmeric shrimp; - 15 high-fat, no-sugar burn-zone recipes for craving-quenching foods like chocolate coconut mousse and caramel chai latte; - Weekly menus and handy grocery lists to take guessing out of the equation; - Candid testimonials and amazing weight loss results from Cruise's clients; - An optional burn-zone exercise program with instructional photos--

what is in mct wellness: The Obesity Code Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

what is in mct wellness: The 10-Day Belly Slimdown Kellyann Petrucci, MS, ND, 2018-02-20 This isn't another gimmicky diet—it's a powerful eating strategy that will take your extra pounds off quickly, safely, and permanently. —Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 New York Times bestselling author of Eat Fat Get Thin The best gift you can give yourself is a slim, beautiful, healthy belly—and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it. —Mehmet Oz, M.D. The New York Times bestselling author of Dr. Kellyann's Bone Broth Diet reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days! Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20

years showing people how to do the impossible: take off stubborn belly fat. After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly—deprivation not included! In *The 10-Day Belly Slimdown*, you will learn the #1 biggest secret to rapid belly-blasting: mini-fasting. This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and slim-gestion foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely. The 10-Day Belly Slimdown includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

what is in mct wellness: Game Changers Dave Asprey, 2018-12-04 The bestselling author of *Head Strong* and *The Bulletproof Diet* answers the question, “How can I kick more ass at life?” by culling the wisdom of world-class thought leaders, maverick scientists, and disruptive entrepreneurs to provide proven techniques for becoming happier, healthier, and smarter. When Dave Asprey started his *Bulletproof Radio* podcast more than five years ago, he sought out influencers in an array of disciplines, from biochemists toiling in unknown laboratories to business leaders changing the world to meditation masters discovering inner peace. His guests were some of the top performing humans in the world, people who had changed their areas of study or even pioneered entirely new fields. Dave wanted to know: What did they have in common? What mattered most to them? What made them so successful—and what made them tick? At the end of each interview, Dave asked the same question: “What are your top three recommendations for people who want to perform better at being human?” After performing a statistical analysis of the answers, he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives: finding ways to become smarter, faster, and happier. *Game Changers* is the culmination of Dave’s years-long immersion in these conversations, offering 46 science-backed, high performance “laws” that are a virtual playbook for how to get better at life. With anecdotes from game changers like Dr. Daniel Amen, Gabby Bernstein, Dr. David Perlmutter, Arianna Huffington, Esther Perel, and Tim Ferris as well as examples from Dave’s own life, *Game Changers* offers readers practical advice they can put into action to reap immediate rewards. From taming fear and anxiety to making better decisions, establishing high-performance habits, and practicing gratitude and mindfulness, Dave brings together the wisdom of today’s game-changers to help everyone kick more ass at life.

what is in mct wellness: Intuitive Fasting Dr. Will Cole, 2021-02-23 NEW YORK TIMES BESTSELLER • “Dr. Will Cole clearly cares about his patients’ health, and he addresses the widespread misconceptions about intermittent fasting while giving readers a tailored week-by-week plan to get back in touch with what their body truly needs.”—Mark Hyman, MD, director, the Cleveland Clinic Center for Functional Medicine and author of *Food* “Intuitive Fasting makes both the science and user-friendly application of this exciting approach to human nutrition available for everyone.”—David Perlmutter, MD, FACN, author of *Grain Brain* and *Brain Wash* The most effective and achievable guide to intermittent fasting, outlining a unique plan that merges the science behind fasting with a holistic approach to eating, from the bestselling author of *Ketotarian* and *The Inflammation Spectrum* For some, the idea of fasting by eating only one or two meals a day sounds like an extreme and overly restrictive dieting tactic. But the truth is, our daily eating schedule—three meals a day, plus snacks—does not necessarily reflect our bodies’ natural cycles. In fact, eating three meals every day can cause metabolic inflexibility, which can lead to inflammation, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting. With his fresh new approach to fasting, bestselling author and functional medicine expert Dr. Will Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You’ll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. *Intuitive Fasting* will show you

how to find metabolic flexibility—and once you've reached it, you can trust your body to function at optimal capacity, whether you've eaten six minutes ago or six hours ago. During his 4-Week Flexible Fasting Plan, Dr. Cole will guide you through varying intermittent fasting windows, with each week of the plan tailored to focus on a different aspect of your health. He illustrates the most effective ways to fast and eat to amplify the health benefits of intermittent fasting, balancing rest and repair with clean, nutrient-dense, delicious foods. By the end of the four weeks, you will have all the tools necessary to: • Reset your body • Recharge your metabolism • Renew your cells • Rebalance your hormones Along with more than 65 recipes, you'll also find a maintenance plan, so you can adapt fasting and feeding windows to work sustainably with your lifestyle.

what is in mct wellness: *Dr. Kidd's Guide to Herbal Dog Care* Randy Kidd, 2000-01-01 Holistic veterinarian Dr. Randy Kidd explains how herbs can be used in the care of dogs. Includes chapters on common dog ailments and how to address them. Illustrations.

what is in mct wellness: *Simply Keto* Suzanne Ryan, 2017-12-12 A practical approach to health & weight loss with 100+ easy low-carb recipes--Cover.

what is in mct wellness: *The Wellness Mama Cookbook* Katie Wells, 2016-12-27 A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in *The Wellness Mama Cookbook* will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

what is in mct wellness: *The Collagen Diet* Dr. Josh Axe, 2019-12-31 Dr. Josh Axe, bestselling author of *Keto Diet* and *Eat Dirt*, explains how to lose weight, prevent disease, improve your digestion, and renew your youth by taking advantage of dietary collagen. Today, interest in dietary collagen is growing at an astounding rate, and with good reason. The benefits of a collagen-rich diet are remarkable, ranging from better weight control to enhanced digestion, clearer skin, reduced inflammation, and improved immune function. Dietary collagen provides a unique blend of amino acids and other compounds, making it critical for everyone, including infants, young children, the elderly, athletes, pregnant women, new mothers, and adult men and women. Simply put: When we don't get enough of the beneficial compounds found in collagen-rich foods, we experience more injuries, chronic aches and pain, digestive issues, and other symptoms associated with aging. And most people don't get enough. Collagen is the missing ingredient that can help all of us live longer, healthier, more vital lives. In *The Collagen Diet*, Dr. Axe describes how collagen helps maintain the structure and integrity of almost every part of the body. You'll learn how your skin, hair, nails, bones, disks, joints, ligaments, tendons, arterial walls, and gastrointestinal tract all depend on the consumption of collagen-rich foods. Featuring a twenty-eight-day meal plan, seventy mouthwatering recipes, and specific advice for supporting your body's collagen production with exercise and lifestyle interventions, *The Collagen Diet* provides everything you need to take advantage of this overlooked cornerstone of modern health.

what is in mct wellness: *Bulletproof: The Cookbook* Dave Asprey, 2015-12-01 In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by biohacking his body and optimizing every aspect of his health. The unconventional plan urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, Dave says you'll gain energy, build lean muscle, and watch the pounds melt off—just as he and so many others have. *Bulletproof: The Cookbook* picks up where the diet plan leaves off, arming you with 125 recipes to stay Bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Dave packs the book with the delicious, filling meals he uses to maintain his weight loss and sustain his boundless energy. Once you get your hands on these mouthwatering recipes, you'll be hungry for more—and this book is just what you'll reach for. The Bulletproof lifestyle is your blueprint to a supercharged life.

what is in mct wellness: *The Plant Paradox Quick and Easy* Dr. Steven R. Gundry, MD, 2019-01-15 From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller *The Plant Paradox*, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in *The Plant Paradox Quick and Easy*, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), *The Plant Paradox Quick and Easy* is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results and reap the health benefits of living lectin-free.

what is in mct wellness: *Chris Beat Cancer* Chris Wark, 2021-01-05 Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free diet, lifestyle, and therapy—created by a colon cancer survivor. Millions of readers have followed Chris Wark's journey on his blog and podcast *Chris Beat Cancer*, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset; radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling *Chris Beat Cancer* will inspire and guide you on your own journey toward wellness.

what is in mct wellness: *Clean* Alejandro Junger, 2009-05-12 How many of us can honestly say we do not suffer from at least one of the following: Colds or viruses each year Allergies or hay fever Extra pounds that won't come off Restless nights Recurrent indigestion, constipation, or irritable bowel syndrome Itchy skin, acne, or any other troubling skin condition Depression, anxiety, or frequent fatigue If you were to seek medical advice for any of the above, you would likely be prescribed pills, topical lotions, injections, or even surgery. Such treatments are used to manage the symptoms and do not address the root of the problem. Too often, doctors treat these common ailments as inevitable costs of living a modern life. The result is a patchwork approach to health care that has become the norm. In *Clean*, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger offers a major medical breakthrough. Dr. Junger argues that the majority of these common ailments are the direct result of toxic buildup in our systems accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid

pace. The toxins are everywhere, but Clean offers a solution. Clean is an M.D.'s program that provides all the tools necessary to support and reactivate our detoxification system to its fullest capabilities, and can be easily incorporated into a busy schedule. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives we will experience what it truly means to feel healthy. Every day spent on the Clean program is a major step in healing not just the symptom but the root of the problem, effectively and simply. Dr. Junger's life-changing program restores what rightfully belongs to you—your health, vitality, and peace of mind.

what is in mct wellness: Glow15 Naomi Whittel, 2018 Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

what is in mct wellness: No More Heartburn Sherry Rogers, 2021-06-29 In this remarkable book, Sherry A. Rogers, M.D., a leading expert in drug-free gastrointestinal therapy, explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalised program for achieving and maintaining total gastrointestinal health.

what is in mct wellness: The End of Alzheimer's Dale Bredeisen, 2017-08-22 The instant New York Times and Wall Street Journal bestseller A groundbreaking plan to prevent and reverse Alzheimer's Disease that fundamentally changes how we understand cognitive decline. Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease. In this paradigm shifting book, Dale Bredeisen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline. Revealing that AD is not one condition, as it is currently treated, but three, The End of Alzheimer's outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger downsizing in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene. The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months; since then the protocol has yielded similar results with hundreds more. Now, The End of Alzheimer's brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

what is in mct wellness: BioDiet David Harper, 2019-05-07 Think you're eating healthy? Think again. For the past forty years, we have been slowly eating ourselves to death--and doing so based on government guidelines about what constitutes a healthy diet. This grand low-fat, high-carbohydrate dietary experiment has led to epidemic increases in obesity and other chronic conditions, including diabetes, cardiovascular disease, cancer, and Alzheimer's. It's time to hit the reset button. In BioDiet, Health educator and researcher Dr. David G. Harper offers a new, scientifically validated approach: a low-carbohydrate, high-fat, ketogenic plan that works with the body's natural processes to improve health and reverse decades of damage caused by our collective carbohydrate addiction. BioDiet isn't a diet in the usual sense: it's not a quick fix designed to help shed ten pounds before beach season. Drawing on his professional experience and the latest research in nutritional science, BioDiet is a lifestyle that will leave you healthier and happier. No hype or gimmicks: it's what the science says.

what is in mct wellness: The Silk Roads Peter Frankopan, 2016-02-16 INTERNATIONAL BESTSELLER • Far more than a history of the Silk Roads, this book is truly a revelatory new history of the world, promising to destabilize notions of where we come from and where we are headed next. A rare book that makes you question your assumptions about the world." —The Wall Street Journal From the Middle East and its political instability to China and its economic rise, the vast region stretching eastward from the Balkans across the steppe and South Asia has been thrust into the global spotlight in recent years. Frankopan teaches us that to understand what is at stake for the cities and nations built on these intricate trade routes, we must first understand their astounding pasts. Frankopan realigns our understanding of the world, pointing us eastward. It was on the Silk Roads that East and West first encountered each other through trade and conquest, leading to the

spread of ideas, cultures and religions. From the rise and fall of empires to the spread of Buddhism and the advent of Christianity and Islam, right up to the great wars of the twentieth century—this book shows how the fate of the West has always been inextricably linked to the East. Also available: *The New Silk Roads*, a timely exploration of the dramatic and profound changes our world is undergoing right now—as seen from the perspective of the rising powers of the East.

what is in mct wellness: *Not by Bread Alone* Vilhjalmur Stefansson, 2020-08-31 The arctic explorer's classic text on the benefits of an all-meat diet chronicles his experiences and clinical studies of Inuit food habits. Arctic explorer and anthropologist Vilhjalmur Stefansson spent years living with indigenous Inuit and Eskimo people. He noted their general healthiness (and good teeth), and an absence of many of the diseases that plagued western cultures, such as scurvy, heart disease, and diabetes. Observing their dietary habits, he determined that their primary food was meat, both lean and fatty, and that their diets were very low in sugary or starchy carbohydrates. Was this meaty diet the key to their good health? Stefansson's classic *Not By Bread Alone* chronicles a 1928 scientific experiment, conducted by the Russell Sage Institute of Pathology at Bellevue Hospital in New York, in which Stefansson and his colleague Dr. Karsten Andersen ate a meat-only diet for one year. The two men stayed healthy and fared very well, leading him to claim that we should reexamine our notion of what foods constitute a healthy diet. Later chapters promote the benefits of pemmican, a compact, portable, and high-energy food consisting of a concentrated mix of fat and protein made from dried lean bison meat—sometimes mixed with berries—what you might call the original energy bar.

what is in mct wellness: *Ketotarian* Dr. Will Cole, 2018-08-28 A Goop Book Club Pick A new twist on keto: The fat-burning power of ketogenic eating meets the clean green benefits of a plant-centric plate The keto craze is just getting warmed up. The ketogenic diet kick-starts your body's metabolism so it burns fat, instead of sugar, as its primary fuel. But most ketogenic plans are meat- and dairy-heavy, creating a host of other problems, especially for those who prefer plants at the center of the plate. Dr. Will Cole comes to the rescue with *Ketotarian*, which has all the fat-burning benefits without the antibiotics and hormones that are packed into most keto diets. First developed for individuals suffering from seizures, keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer's and some cancers. Adding a plant-based twist, *Ketotarian* includes more than 75 recipes that are vegetarian, vegan, or pescatarian, offering a range of delicious and healthy choices for achieving weight loss, renewed health, robust energy, and better brain function. Packed with expert tips, tricks, and advice for going--and staying--Ketotarian, including managing macronutrients, balancing electrolytes, and finding your carb sweet spot, this best-of-both-worlds program is a game-changer for anyone who wants to tame inflammation and achieve peak physical and mental performance. Let the Ketotarian revolution begin!

what is in mct wellness: *Healthy Gut, Healthy You* Michael Ruscio, 2018-02-06 Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In *Healthy Gut, Healthy You*, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before.

what is in mct wellness: *Minimalist Baker's Everyday Cooking* Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based

pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

what is in mct wellness: The Blood Sugar Solution 10-Day Detox Diet Dr. Mark Hyman, 2014-02-25 Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller The Blood Sugar Solution, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, The Blood Sugar Solution 10-Day Detox Diet presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat -- especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, The Blood Sugar Solution 10-Day Detox Diet is the fastest way to lose weight, prevent disease, and feel your best.

what is in mct wellness: How to Starve Cancer Jane McLelland, 2018-07-08 Jane McLelland was only 30 when she was diagnosed with cancer. A few years later it was stage 4 (or terminal) and had spread to her lungs. Expected to live 12 weeks, she refused to believe there weren't any effective drugs or therapies. Her scientific training meant she was able to examine and digest hundreds of research papers she found in libraries, journals and online - and the conclusion she reached astonished her ... This is the story of how she took on her illness, changed her diet, educated herself, persuaded her oncologist and other doctors to prescribe her an unusual cocktail of commonly used drugs - some of which are already in many people's medicine cabinets - these made the difference between life and death ...--Publisher description.

what is in mct wellness: Adrenaline Dominance Michael E. Platt, 2014-06-12 Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community. Platt explains how this hormone might be a major underlying cause of many conditions currently considered incurable, and presents a natural protocol for rapidly reducing excess adrenaline.

what is in mct wellness: Low Carb Healthy Fat Nutrition Steph Lowe, 2020-02-18 Low Carb, Healthy Fat Nutrition is not a diet, it's a lifestyle. This book is your guide to supercharging your metabolism, supporting your health, performance and recovery goals and extending your longevity. Alongside over 150 recipes you'll find the latest research into why eating real food is essential - and tailored 14-day eating plans to suit your personal goals and needs. Let Steph Lowe, The Natural Nutritionist, show you how to perform and feel your best by eating the way nature intended us to.

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