

best health and wellness podcasts

The Best Health & Wellness Podcasts to Transform Your Life

Are you ready to ditch the endless scroll through social media and find a more effective way to boost your well-being? Podcasts are the perfect solution! They're convenient, informative, and offer expert advice on everything from nutrition and fitness to mental health and mindfulness. This comprehensive guide dives deep into the world of health and wellness podcasts, highlighting the best health and wellness podcasts to help you achieve your wellness goals. We'll explore a variety of options, catering to different interests and preferences, ensuring you find the perfect audio companion for your wellness journey. Get ready to listen your way to a healthier, happier you!

Why Listen to Health & Wellness Podcasts?

Before we jump into our top picks, let's quickly address why podcasts are such a powerful tool for improving your health and well-being. Unlike passively scrolling through information online, podcasts encourage active listening, leading to better retention. They also offer:

Expert Advice: Access insightful interviews and discussions with leading professionals in various health and wellness fields.

Convenience: Listen while you commute, exercise, clean, or relax - making self-improvement effortlessly integrated into your daily routine.

Motivation & Inspiration: Hear inspiring stories and practical tips that keep you motivated on your journey.

Community Building: Many podcasts foster a sense of community through listener engagement and shared experiences.

Variety & Choice: Find podcasts that perfectly align with your specific interests, from yoga and meditation to nutrition and weight loss.

Top Picks: The Best Health & Wellness Podcasts for Every Listener

This list categorizes the best health and wellness podcasts to make it easier for you to find the perfect fit:

For the Fitness Fanatic:

"The Joe Rogan Experience": While not exclusively focused on fitness, Rogan often features experts in nutrition, strength training, and overall well-being, offering a unique perspective.

"Mind Pump": This podcast delves into the science of fitness, providing evidence-based strategies for muscle building, fat loss, and overall health optimization.

"Barbell Shrugged": A more bodybuilding-focused podcast, but useful for understanding training

principles and the mental game involved.

For the Mindful Meditator:

"Ten Percent Happier with Dan Harris": This podcast blends secular mindfulness with practical advice for navigating daily stress and anxiety. It's great for beginners and experienced meditators alike.

"Tara Brach": Offers guided meditations and insightful discussions on cultivating compassion, self-acceptance, and emotional resilience.

"Insight Timer": This podcast features a vast library of guided meditations from various teachers, offering a diverse range of styles and techniques.

For the Nutrition Nerd:

"The Nutrition Facts": Dr. Greger delivers evidence-based information on nutrition and its impact on health, often focusing on plant-based diets.

"The Doctor's Farmacy": Dr. Mark Hyman explores functional medicine, offering practical advice on improving gut health, managing chronic diseases, and optimizing overall wellness.

"Food Psych": This podcast delves into the psychology of eating, helping listeners develop a healthier relationship with food and their bodies.

For the Holistic Health Seeker:

"The Rich Roll Podcast": Features interviews with a wide range of experts on various topics, including health, wellness, spirituality, and personal development.

"The Huberman Lab Podcast": Neuroscientist Andrew Huberman shares cutting-edge research and actionable advice on improving sleep, focus, and overall cognitive performance.

"Chris Kresser": This podcast covers a wide range of topics related to ancestral health, including nutrition, fitness, stress management, and more.

For the Mental Wellness Warrior:

"The Happiness Lab": Explores the science of happiness and provides practical strategies for increasing your overall sense of well-being.

"Where Should We Begin? A Podcast by Esther Perel": This podcast delves into the complexities of relationships, providing insightful perspectives on love, intimacy, and connection.

"Dear Therapists": This unique podcast answers listener questions about relationships, mental health, and life's challenges, offering insightful and compassionate responses.

Finding Your Perfect Podcast Match

With so many excellent best health and wellness podcasts available, the key is finding ones that resonate with your specific needs and interests. Experiment with different podcasts, try out a few episodes, and see which ones keep you engaged and motivated. Don't be afraid to unsubscribe from podcasts that don't feel like a good fit - your time is valuable!

Conclusion

Investing in your health and wellness is an investment in yourself. And using podcasts to learn and grow is a convenient and engaging way to do so. By incorporating these best health and wellness podcasts into your routine, you'll gain access to expert advice, motivation, and a supportive community, all while enjoying a convenient and engaging learning experience. So, put on your headphones, press play, and embark on your wellness journey today!

Frequently Asked Questions (FAQs)

1. Are these podcasts suitable for beginners? Many of the podcasts listed cater to all levels, offering accessible information and guidance. However, some more specialized podcasts might be better suited for those with a foundational understanding.
1. How much time should I dedicate to listening each day? There's no magic number; even 15-20 minutes a day can make a difference. Listen whenever it fits your schedule.
1. Are all these podcasts free? Most are free, but some might have premium subscription options for additional content.
1. How do I find these podcasts? You can easily find them on platforms like Apple Podcasts, Spotify, Google Podcasts, and others. Simply search for the podcast name.
1. Can I listen to these podcasts offline? Most podcast apps allow you to download episodes for offline listening, perfect for travel or areas with limited internet access.

best health and wellness podcasts: *Table Manners: The Cookbook* Jessie Ware, Lennie Ware, 2020-03-05 'Beautifully put-together with wonderfully crafted, full-on flavour recipes for everyone. A proper family feast of a cookbook!' Tom Kerridge 'This is a gorgeous book.' Nigella Lawson 'Lennie and Jessie are as madly entertaining to read as they are to be around. They are also brilliant

storytellers so every recipe is as personal as it could be: a classic Jewish chopped liver served on Friday night dinners, aromatic Beef Stifado eaten on Greek holidays or an orange and pistachio cake created by son and brother. I adore this family.' Yotam Ottolenghi 'This book encapsulates humour, kindness, bucket loads of love and, most importantly, good food. I'm so happy to have the Ware family in my life and in my kitchen.' Sam Smith 'damned good food' The Telegraph 'Mum. Guess what?' 'What Jessie?' 'We've written a cookbook'. 'I know darling! Do you think anyone will want to buy it?' 'Well, it's the recipes we've made our guests - the really good ones. Like the Sausage and Bean Casserole we made Ed Sheeran, the Drunken Crouton and Kale Salad we made Yotam Ottolenghi and the two Blackberry and Custard Tarts we served Nigella.' 'You ate a whole one before she arrived, darling.' 'It's a bloody good recipe mum.' Cooking through Table Manners is like having Jessie and Lennie at the table with you: brash, funny and full of opinions. In true Ware style, their cookbook is divided into Effortless, A Bit More Effort, Summertime, Desserts and Baking (thanks to Jessie's brother Alex), Chrismukkah (Christmas, Hanukkah and celebrations) and, of course, Jewish-ish Food. These delicious, easy dishes are designed for real people with busy and sometimes chaotic lives with the ultimate goal of everyone eating together so unfiltered chat can flourish.

best health and wellness podcasts: *Nutrition Diva's Secrets for a Healthy Diet* Monica Reinagel, 2011-03-01 Tired of trying to figure out what you should be eating for breakfast, or whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier? Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including: - How often should you eat? - Which organic foods are worth the extra cost? - Does cooking vegetables destroy the vitamins? - Should foods be combined in certain ways for better digestion? Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, *Nutrition Diva's Secrets for a Healthy Diet* will have you feeling healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

best health and wellness podcasts: *How to Fail: Everything I've Ever Learned from Things Going Wrong* Elizabeth Day, 2020-07-17 Inspired by her hugely popular podcast, *How To Fail* is Elizabeth Day's brilliantly funny, painfully honest and insightful celebration of things going wrong. This is a book for anyone who has ever failed. Which means it's a book for everyone. If I have learned one thing from this shockingly beautiful venture called life, it is this: failure has taught me lessons I would never otherwise have understood. I have evolved more as a result of things going wrong than when everything seemed to be going right. Out of crisis has come clarity, and sometimes even catharsis. Part memoir, part manifesto, and including chapters on dating, work, sport, babies, families, anger and friendship, it is based on the simple premise that understanding why we fail ultimately makes us stronger. It's a book about learning from our mistakes and about not being afraid. Uplifting, inspiring and rich in stories from Elizabeth's own life, *How to Fail* reveals that failure is not what defines us; rather it is how we respond to it that shapes us as individuals. Because learning how to fail is actually learning how to succeed better. And everyone needs a bit of that.

best health and wellness podcasts: **10% Happier** Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a

bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

best health and wellness podcasts: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

best health and wellness podcasts: *The Genius Life* Max Lugavere, 2020-03-17 The author of the New York Times bestselling *Genius Foods* offers a lifestyle program for resetting your brain and body to their “factory settings”—to help fight fatigue, anxiety, and depression and to optimize cognitive health for a longer and healthier life. The human body was honed under conditions that no longer exist. The modern world has changed dramatically since our days as hunter gatherers, and it has caused widespread anxiety, stress, and disease, leaving our brains in despair. But science proves that the body and brain can be healed with the intervention of lifestyle protocols that help us to regain our cognitive birthright. In *The Genius Life*, Lugavere expands the *Genius Foods* plan, which focused on nutrition and how it affects brain health, and expands it to encompass a full lifestyle protocol. We know now that the health of our brains—including our cognitive function and emotional wellness—depend on the health of our gut, endocrine, cardiac and nervous systems as there is a constant feedback loop between all systems. Drawing on globe-spanning research into circadian biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, *The Genius Life* shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more to create a healthy foundation for optimal cognitive health and performance. Among Max's groundbreaking findings, you will discover: · A trick that gives you the equivalent of a “marathon” workout, in 10 minutes · How to get the benefits of an extra 1-2 servings of veggies daily without eating them · The hidden chemicals in your home that could be making you fat and sick · How to boost melatonin levels by up to 58% for deeper sleep without supplements The book features an achievable prescriptive 21-day plan for *Genius Living* that includes daily workouts, meal plans, and meal prep tips, and accompanied with helpful suggestions for healthy swaps and snacks

best health and wellness podcasts: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the *Food Psych* podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with

it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

best health and wellness podcasts: *Fitness Confidential* Vinnie Tortorich, Dean Lorey, 2013 For decades, Vinnie Tortorich has been Hollywood's go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious, R-rated memoir, Hollywood's most outrageous personal trainer exposes the fitness world while getting you into shape. --P. [4] of cover.

best health and wellness podcasts: *Deliciously Ella* Ella Woodward, 2015-03-03 From the founder of the wildly popular food blog *Deliciously Ella*, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients. In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall well-being. *Deliciously Ella* is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it's about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, *Deliciously Ella* provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.

best health and wellness podcasts: *Yoga Girl* Rachel Brathen, 2015-03-24 A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

best health and wellness podcasts: *Healthier Together* Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • “*Healthier Together* focuses on real whole foods and bringing community together.” —Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love Food* writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also

discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

best health and wellness podcasts: *Radical Belonging* Lindo Bacon, 2020-11-10 *Belonging* has been a formative struggle for me. Like most people with marginalized identities, my experience has taught me that it's hard to be yourself and feel like you belong in a culture that is hostile to your existence. That's why my body of work as a scientist, author, professor, speaker, and advocate for body liberation always comes back to the impact of belonging or not belonging. *Radical Belonging* is my manifesto, helping us heal from the individual and collective trauma of injustice and support our transition from a culture of othering to one of belonging. —Lindo Bacon Too many of us feel alienated from our bodies. This isn't your personal failing; it means that our culture is failing you. We are in the midst of a cultural moment. #MeToo. #BlackLivesMatter. #TransIsBeautiful. #AbleismExists. #EffYourBeautyStandards. Those of us who don't fit into the mythical norm (white, male, cisgender, able-bodied, slender, Christian, etc.)—which is to say, most of us—are demanding our basic right: To know that who we are matters. To belong. Being othered and the body shame it spurs is not just a feeling. Being erased and devalued impacts our ability to regulate our emotions, our relationships with others, our health and longevity, our finances, our ability to realize dreams, and whether we will be accepted, loved, or even safe. *Radical Belonging* is not a simple self-love treatise. Focusing only on self-love ignores the important fact that we have negative experiences because our culture has targeted certain bodies and people for abuse or alienation. For marginalized people, a focus on self-love can be a spoonful of sugar that makes the oppression go down. This groundbreaking book goes further, helping us to manage the challenges that stem from oppression and moving beyond self-love and into belonging. With Lindo Bacon's signature blend of science and storytelling, *Radical Belonging* addresses the political, sociological, psychological and biological underpinnings of your experiences, helping you understand that the alienation and pain you are experiencing is not personal, but human. The problem is in injustice, not you as an individual. So many of us feel wounded by a culture that has alienated us from our bodies and divided us from each other. *Radical Belonging* provides strategies to reckon with the trauma of injustice; reclaim yourself, body and soul; and rewire your nervous system to better cope within an unjust world. It also provides strategies to help us all provide refuge for one another and create a culture of equity and empathy, one that respects, includes, and benefits from all its diverse peoples. Whether you are transgender, queer, Black, Indigenous or a Person of Color, disabled, old, or fat—or your more closely resemble the mythical norm—*Radical Belonging* is your guidebook for creating a world where all bodies are valued and all of us belong—and for coping with this one, until we make that new world a reality.

best health and wellness podcasts: Move Your DNA Katy Bowman, 2015-02-27

best health and wellness podcasts: The 17 Day Diet Dr Mike Moreno, 2011-05-12 Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate - the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate - the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

best health and wellness podcasts: The Autoimmune Wellness Handbook Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

best health and wellness podcasts: Coconuts & Kettlebells Noelle Tarr, Stefani Ruper, 2018-08-07 Achieve lasting health—without cutting calories or following dieting “rules”! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including:

- Kale and Bacon Breakfast Skillet
- Raspberry-Coconut Smoothie Bowl
- Thai Coconut Curry Shrimp
- Apple-Chicken Skillet
- Moroccan Lamb Meatballs
- Grilled Balsamic

Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, *Coconuts and Kettlebells* provides the knowledge and tools you need to be healthy inside and out.

best health and wellness podcasts: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

best health and wellness podcasts: The School of Greatness Lewis Howes, 2015-10-27 When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives.

best health and wellness podcasts: The Food Medic Hazel Wallace, 2017-05-04 Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. 'I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and at a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the most natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.' Hazel x

best health and wellness podcasts: The SuperFoodsRx Diet Wendy Bazilian, Steven Pratt, Kathy Matthews, 2008-12-23 Blockbuster bestseller *SuperFoodsRx* identified a variety of SuperFoods that prevent disease and significantly improve health. In this follow-up diet plan, *The Superfoods Rx Diet*—fully tested in two intensive 30-day trials involving more than 100 volunteers—authors Wendy Bazilian, DrPH, MA, RD, Steve Pratt, MD, and Kathy Matthews show how a diet rich in these powerhouse nutrients also helps one to lose weight. *The Los Angeles Times*

listed the hardcover edition in its list of notable weight-loss books. And all across the nation the verdict from satisfied, successful dieters is coming in fast—this is a weight-loss program that health-conscious dieters want to make their lifetime eating plan.

best health and wellness podcasts: *The Overwhelmed Brain* Paul Colaianni, 2016-11-17 Expert advice on personal growth and decision-making for deeper thinkers who want more than affirmations and clichés—from the host of the titular podcast. Your stress, anxiety and negative thoughts are huge obstacles to happiness. You must learn to make healthy decisions and place your needs first. This book, *The Overwhelmed Brain*, provides proven methodologies for smarter, actionable ways to: Be true to yourself Build positive relationships Overcome stress and anxiety Stop self-sabotage Make smart decisions Rise above your fears With tips, anecdotes, exercises and expert advice from popular life coach and podcaster Paul Colaianni, *The Overwhelmed Brain* will empower you to take control over your emotional well-being and act on your dreams, goals and values.

best health and wellness podcasts: *Good Fat is Good for Women* Elizabeth Bright, 2024-06-10 A new, updated, and expanded edition of this essential guide on how to embrace menopause with confidence and vitality. Menopause. Why do we go through it? How can we enjoy this time of life? There is a plethora of confusing and misleading information out there about menopause: what to take and what to eat. Women may begin to wonder: is there something wrong with our bodies? And if menopause is natural, why do doctors, pharmaceutical companies, and the media recommend so much medication to treat menopausal symptoms? The last sixty years of dietary advice warning women to avoid fat have worsened women's health. If you're approaching menopause, in menopause, or are interested in improving your health naturally, here is a book that explains the history of menopause, the evolutionary benefits of this life event, and how to eat the right foods to help you enjoy what should be the longest and most fulfilling part of your life. This book is the first of a two-book series that shows how essential eating good fat which is animal fat in the form of cholesterol, is for a woman's health at every stage of her life. Discover the truth about menopause and unlock the power of good fats to embrace this transformative stage of life with confidence and vitality.

best health and wellness podcasts: *The Courage Habit* Kate Swoboda, 2018-05-01 What kind of life would you live if you didn't allow your fears to hold you back? *The Courage Habit* offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, "you can't do it." In *The Courage Habit*, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You'll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic's function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You'll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

best health and wellness podcasts: *The Doctor's Kitchen* Rupy Aujla, 2017-12-18 'I'm just a straight-talking NHS doctor lending my unbiased opinion on healthy eating and showing everybody

how to get phenomenal ingredients on their plates everyday.' Dr Rupy Aujla's first cookbook, *The Doctor's Kitchen*, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make. The impact of lifestyle on illness has never been higher on the national agenda and Rupy believes that what we choose to put on our plates is the most important health intervention we can make. *The Doctor's Kitchen* stands out from the crowd by using medical knowledge to create the recipes. Rupy advocates Plates over Pills every time and he is living proof that what you eat can shift medical outcomes as he overhauled his own heart condition by addressing his diet and creating his own delicious food that he now shares in this book. Infused with flavours from around the world, this tasty selection of everyday meals makes healthy eating an absolute pleasure.

best health and wellness podcasts: *The Happy Menopause* Jackie Lynch, 2020-10-13 As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

best health and wellness podcasts: *Thinspired* Mara Schiavocampo, 2015-12-29 This inspirational book from ABC News correspondent Mara Schiavocampo takes you on her journey of weight loss--and helps you shed pounds and find peace, health, and happiness in the process.--Amazon.com.

best health and wellness podcasts: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and

giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

best health and wellness podcasts: The Rain Barrel Effect Stephen Cabral, 2018-03-24

Discover the 6,000 year old secret to finally getting well, losing weight and feeling alive again! Every year we spend more and more on healthcare, research and pharmaceuticals, yet every year the rate of auto-immune, Alzheimer's, digestive disorders, diabetes and diseases of all types continue to rise. Soon 1 out of 2 people will get cancer in their life time and 2 out 3 people will be overweight. Clearly what we're doing is not working and there must be something that's being overlooked... It turns out the answer is simpler than we think and it lies in the oldest form of medicine in the world. The Rain Barrel Effect explains exactly how we get sick, put on weight, and begin to breakdown over time, as well as how to reverse that process and take back control of your life!

best health and wellness podcasts: JJ Virgin's Sugar Impact Diet J.J. Virgin, 2014-11-04

From New York Times bestselling author of The Virgin Diet comes a groundbreaking program that will revolutionize the way readers think about sugar and help you drop fat fast--up to 10 pounds in just two weeks! New York Times Bestseller If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar--you have to cut out the right kinds of sugar. In this groundbreaking book, New York Times bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day--without even realizing it--in common foods like skim milk, diet soda, whole-grain bread, and healthy sweeteners like agave. By swapping High Sugar Impact foods for Low Sugar Impact foods, you will shed fat fast--up to 10 pounds in 2 weeks!--and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to: Lose the bloat Target belly fat Rev your metabolism Cut cravings Become a fat burner, not a sugar burner Lose fat fast--and forever!

best health and wellness podcasts: Chasing Life Sanjay Gupta, 2007-04-02 For centuries, adventurers and scientists have believed that not only could we delay death but that practical immortality was within our reach. Today, many well-respected researchers would be inclined to agree. In a book that is not about anti-aging, but about functional aging--extending your healthy, active life--Dr. Sanjay Gupta blends together compelling stories of the most up-to-date scientific breakthroughs from around the world, with cutting-edge research and advice on achieving practical immortality in this lifetime. Gupta's advice is often counterintuitive: longevity is not about eating well, but about eating less; nutritional supplements are a waste of your money; eating chocolate and drinking coffee can make you healthier. Chasing Life tells the stories behind the breakthroughs while also revealing the practical steps readers can take to help extend youth and life far longer than ever thought possible.

best health and wellness podcasts: The Food Babe Way Vani Hari, 2015-02-10 Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full

of shopping lists, meal plans, and mouth-watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In *The Food Babe Way*, Hari invites you to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and tantalizing recipes, *The Food Babe Way* will empower you to change your food, change your body, and change the world.

best health and wellness podcasts: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

best health and wellness podcasts: *The Elephant in the Brain* Kevin Simler, Robin Hanson, 2018 Human beings are primates, and primates are political animals. Our brains, therefore, are designed not just to hunt and gather, but also to help us get ahead socially, often via deception and self-deception. But while we may be self-interested schemers, we benefit by pretending otherwise. The less we know about our own ugly motives, the better - and thus we don't like to talk or even think about the extent of our selfishness. This is the elephant in the brain. Such an introspective taboo makes it hard for us to think clearly about our nature and the explanations for our behavior. The aim of this book, then, is to confront our hidden motives directly - to track down the darker, unexamined corners of our psyches and blast them with floodlights. Then, once everything is clearly visible, we can work to better understand ourselves: Why do we laugh? Why are artists sexy? Why do we brag about travel? Why do we prefer to speak rather than listen? Our unconscious motives drive more than just our private behavior; they also infect our venerated social institutions such as Art, School, Charity, Medicine, Politics, and Religion. In fact, these institutions are in many ways designed to accommodate our hidden motives, to serve covert agendas alongside their official ones. The existence of big hidden motives can upend the usual political debates, leading one to question the legitimacy of these social institutions, and of standard policies designed to favor or discourage them. You won't see yourself - or the world - the same after confronting the elephant in the brain.

best health and wellness podcasts: *How to be Well* Frank Lipman, 2018 Now available in paperback, the holistic manual for everything you need to know to be well, from celebrity health guru and NYT bestselling author Dr. Frank Lipman

best health and wellness podcasts: *Smarter Workouts* McCall, Pete, 2019 Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

best health and wellness podcasts: *The Hilarious World of Depression* John Moe, 2020-05-05 One of Today's Ten Best Inspirational Books, 2020 By the creator and host of the acclaimed mental health podcast Depresh Mode with John Moe [A] path to deeper understanding and openness, by way of laughter in the dark —The New York Times Book Review Filled with heart, humor and hope. —People A funny, honest book. —Neil Gaiman Candid and funny and intimate. —Susan Orlean For years John Moe, critically-acclaimed public radio personality and host of *The Hilarious World of Depression* podcast, struggled with depression; it plagued his family and claimed the life of his

brother in 2007. As Moe came to terms with his own illness, he began to see similar patterns of behavior and coping mechanisms surfacing in conversations with others, including high-profile comedians who'd struggled with the disease. Moe saw that there was tremendous comfort and community in open dialogue about these shared experiences and that humor had a unique power. Thus was born the podcast *The Hilarious World of Depression*. Inspired by the immediate success of the podcast, Moe has written a remarkable investigation of the disease, part memoir of his own journey, part treasure trove of laugh-out-loud stories and insights drawn from years of interviews with some of the most brilliant minds facing similar challenges. Throughout the course of this powerful narrative, depression's universal themes come to light, among them, struggles with identity, lack of understanding of the symptoms, the challenges of work-life, self-medicating, the fallout of the disease in the lives of our loved ones, the tragedy of suicide, and the hereditary aspects of the disease. *The Hilarious World of Depression* illuminates depression in an entirely fresh and inspiring way.

best health and wellness podcasts: *Cleaning Up Your Mental Mess* Dr. Caroline Leaf, 2021-03-02 Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

best health and wellness podcasts: *Primal Endurance* Mark Sisson, Brad Kearns, 2016-01-04 *Primal Endurance* shakes up the status quo and challenges the overly stressful, ineffective conventional approach to endurance training. While marathons and triathlons are wildly popular and bring much gratification and camaraderie to the participants, the majority of athletes are too slow, continually tired, and carry too much body fat respective to the time they devote to training. The prevailing chronic cardio approach promotes carbohydrate dependency, overly stressful lifestyle patterns, and ultimately burnout. Mark Sisson, author of the 2009 bestseller, *The Primal Blueprint*, and de-facto leader of the primal/paleo lifestyle movement, expertly applies primal lifestyle principles to the unique challenge of endurance training and racing. Unlike the many instant and self-anointed experts who have descended upon the endurance scene in recent years, Sisson and his co-author/business partner Brad Kearns boast a rich history in endurance sports. Sisson has a 2:18 marathon and 4th place Hawaii Ironman finish to his credit, has spearheaded triathlon's global anti-doping program for the International Triathlon Union, and has coached/advised leading professional athletes, including Olympic triathlon gold and silver medalist Simon Whitfield and Tour de France cyclist Dave Zabriskie. Under Sisson's guidance, Kearns won multiple national championships in duathlon and triathlon, and rose to a #3 world triathlon ranking in 1991. *Primal Endurance* applies an all-encompassing approach to endurance training that includes primal-aligned eating to escape carbohydrate dependency and enhance fat metabolism, building an aerobic base with comfortably paced workouts, strategically introducing high intensity strength and sprint workouts, emphasizing rest, recovery, and an annual periodization, and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules. When you go Primal as an endurance athlete, you can expect to enjoy these and other benefits in short order: Easily reduce excess body fat and keep it off permanently, even during periods of reduced trainingPerform better by reprogramming your genes to burn fat and spare glycogen during sustained endurance effortsAvoid overtraining, burnout, illness, and injury by improving your balance of stress and rest, both in training and everyday lifeSpend fewer total hours training and get more return on investment with periodized and purposeful workout patternsHave more fun, be more spontaneous, and break free from the pull of the obsessive/compulsive mindset

that is common among highly motivated, goal-oriented endurance athletes. Have more energy and better focus during daily life instead of suffering from the active couch potato syndrome, with cumulative fatigue from incessant heavy training makes you lazy and sluggish. Primal Endurance is about slowing down, balancing out, chilling out, and having more fun with your endurance pursuits. It's about building your health through sensible training patterns, instead of destroying your health through chronic training patterns. While it might be hard to believe at first glance, you can actually get faster by backing off from the overly aggressive and overly regimented Type-A training approach that prevails in today's endurance community. Primal Endurance will show you how, every step of the way.

best health and wellness podcasts: The Wim Hof Method Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENON 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has radioactive charisma' RUSSELL BRAND

best health and wellness podcasts: Beyond Labels Sina McCullough, Joel Salatin, 2020-06-12 If you are overwhelmed by conflicting diet advice, or you don't know where to start or who to trust, Beyond Labels will help you figure out what to put on your plate. Joel Salatin, a farmer who is blazing the trail for regenerative farm practices, and Sina McCullough, a Ph. D. in Nutrition who actually understands unpronounceable carbon chains, bring you on a journey from generally unhealthy food and farming to an ultimately healing place. Through compelling discussions and humor, they share practical and easily doable tips including: what to eat, how to find it and prepare it, how to save money and time in the kitchen, and how to stay true to your principles in our modern culture. Whether you are just starting your health journey or you grow all of your own food, this book is designed to meet you where you are and motivate you to take the next step in your healing journey - ultimately bringing you closer to health, happiness, and freedom.--Back cover

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