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### **How Much Does Your Soul Weigh?: Diet-Free Solutions to Your ...**

With its holistic approach, How Much Does Your Soul Weigh? applies to all eating and weight problems—from anorexia to obesity. By confronting underlying issues such as stress, anxiety, and depression, as well as identifying the vmes hey play with themselves about weight, readers can form a healthy sense of themselves and lose weight naturally.

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How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries Dorie McCubbrey, Author William Morrow & Company \$24.95 (272p) ISBN 978-0-06-621375-0

### **SIE05: 30 Day Challenge: Build Muscle on a Vegetarian Diet**

Emily Rudow - digital marketer, entrepreneur, world record breaking runner - breaks down how she built muscle while trying out a vegetarian diet for 30 days. Find show notes here:

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### **Episode 162: 21 Ways to Start Believing (and Acting) Like Your More Than Your Weight**

Listen in and grab your resources here: [madewell345.com/episode162](https://madewell345.com/episode162)

### **Her SECRET METHOD For Weight Loss Will BLOW YOUR MIND | Liz Josefsberg on Health Theory**

JOIN THE IMPACT THEORY DISCORD - [IMPACTTHEORY.COM/DISCORD](https://IMPACTTHEORY.COM/DISCORD) There you will get direct access to Tom and the team PLUS exclusive content, offers, and so much more. Jump on in and get started on becoming legendary! This episode is sponsored by ButcherBox. Get \$20 off your first order here: [butcherbox.com/impact](https://butcherbox.com/impact) This week's guest on Health Theory is Liz Josefsberg. She is a celebrity health, wellness and weight loss expert and the author of Target 100: The World's Simplest Weight-Loss Program in 6 Easy Steps. In this episode she discusses her approach to weight loss, why most people have trouble eating healthy and how technology can help you get healthier. Check out Target 100: [bit.ly/2Sg6KJf](https://bit.ly/2Sg6KJf) SHOW NOTES Why weight loss starts in the mind [01:08] How to dig deep by starting with food [05:08] The power of daily habits [08:31] How to refuse your own excuses [13:07] How believing in yourself can change your identity [15:49] Why you need to cheer yourself on [19:31] How to keep promises to yourself [26:14] The importance of planning out your meals [28:52] Why you shouldn't give up your favorite food [31:33] How to change the way you talk to yourself [34:09] What everyone can do to improve their health [36:20] The things you should and shouldn't be tracking [41:56] The scale that helps you overcome the fear of the scale [48:50] FOLLOW LIZ WEBSITE: [bit.ly/2TZ7Qe9](https://bit.ly/2TZ7Qe9) INSTAGRAM: [bit.ly/2SRgX46](https://bit.ly/2SRgX46)

### **EAT THIS TO LOSE WEIGHT - 10 KG**

To lose weight you need to have a balanced diet which consists a lot of nutrition as in vitamins, minerals, fiber, protein and good complex carbs from a lot of sources. We have seen that a lot of people depend upon a single source of nutrition which is not at all good for health. You need to widen your food choices. Today's recipe i.e; Homemade Granola is fiber-rich, has a lot of vitamins & minerals and good fat from a wide array of ingredients like nuts, seeds, and grains. This recipe has a lot of Beca-glucan fiber and complex carbohydrates which ensures this digests slowly in your stomach, energy is slowly released into your blood keeping you full and energetic for a longer period of time, ensuring you to lose weight fast by avoiding unhealthy food habits. This recipe has made me lose weight about 10 kgs over a span of just 2 months! Let me know if you'd like to watch more weight loss recipes.. :) Buy Rolled Oats Online - [amzn.to/2xR2yJS](https://amzn.to/2xR2yJS) How to make Granola - Ingredients - Rolled Oats - 600 gm Chirongi - 50 gm Nuts - 150 gm (Cashew, Almond and Pistachio) Seeds - 100 gm (flax, melon and pumpkin) Sugar - 30 gm Honey - 3 tbsp Water - 1 cup Butter - 25 gm Serving Suggestion : Yoghurt and Fruits Disclaimer: This video is not Sponsored. All the views are my personal opinion and propriety. I do not endorse any ingredient. Kindly consult a doctor before bringing any change in your lifestyle. Website: [cookingshooking.com](https://cookingshooking.com) | [cookingshooking.in](https://cookingshooking.in) Fb: [fb.com/cookingshooking](https://fb.com/cookingshooking) Blog: [cookshook.blogspot.com](https://cookshook.blogspot.com)

### **Food Karma, Food Freedom, Feeding Your Soul And Losing Weight With Carly Pollack**

On this special episode of My Seven Chakras, AJ chats with author Carly Pollack who just released her new book, Feed Your Soul! In addition, Carly Pollack is the founder of Nutritional Wisdom, a thriving private practice based in Austin, Texas. A Certified Clinical Nutritionist with a master's degree in holistic nutrition, Carly has been awarded Best Nutritionist in Austin five years running and has helped over 10,000 people achieve their health and happiness goals. Featured questions: \* What inspired you to write your book – Feed your Soul? \* You've written about a term called 'Food Karma' – what exactly is it? \* How do we go about creating a new narrative about food? \* What is one myth that you often see about the process of losing weight? \* Talk to us about cooking at home, and it's relation to proper nutrition and losing weight? \* What are some principles or habits that can help us eat more consciously? \* And so much more... My Seven Chakras listeners are eligible for a FREE audible audio book download along with a free 30 day trial! To start listening to The Untethered Soul for free, go here. To grab Carly Pollack's book, 'Feed Your Soul' on Amazon, visit [mysevenchakras.com/274book](https://mysevenchakras.com/274book) Learn more about Carly Pollack at [nutritionalwisdom.com/](https://nutritionalwisdom.com/) Learn more about AJ (Aditya) and My Seven Chakras - [mysevenchakras.com/learnmore](https://mysevenchakras.com/learnmore) To Attend Our Next Exclusive Free Chakra Webinar: [mysevenchakras.com/livewebinar](https://mysevenchakras.com/livewebinar) Free Download: To access your free Chakra Energy Activation training, visit [mysevenchakras.com/1111](https://mysevenchakras.com/1111) Let's connect! Instagram: [instagram.com/mysevenchakras/](https://instagram.com/mysevenchakras/) Facebook: [facebook.com/mysevenchakras/](https://facebook.com/mysevenchakras/) Free FB Group: [mysevenchakras.com/tribe](https://mysevenchakras.com/tribe) #weightloss #nutrition #soulhealing #sevenchakras #bingeeating #mysevenchakras

### **EXTREME BLUE HEAT TAKIS FIRE NOODLES • Mukbang & Recipe**

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youtube.com/watch?v=mKrEOtd9x-E Nikocado 2: youtube.com/watch?v=mIEpXwu31Us Nikocado 3: youtube.com/watch?v=ec65fZXCwV4 More Nikocado: youtube.com/watch?v=aG0YPamrjMY Noodle King: youtube.com/watch?v=1r\_yBgUzJPI Business Inquiries: info@nikocadoavocado.com Disclaimer: For Entertainment Purposes Only— The information provided on this video is for entertainment purposes only. Information on this YouTube channel should not be considered as a substitute for advice from a qualified dietitian or healthcare professional. Any statements made throughout this video regarding specific dietary or nutritional information are not to diagnose, treat, cure or prevent disease. Please consult with a physician or other healthcare professional regarding your specific needs. ————— Btw, I really have had a lot of fun playing games on MPL. It's really easy to use and so exciting. I've been really enjoying doing it and I think you will too. A great way to pass the time while healing my 3 broken ribs! Ok you guys, as you know, I'm healing my broken Ribs and I've had a probably walking around easily (temporarily disabled now) but thankfully I can still enjoy some healthy snacks.. and even a cheat meal! Like toDay!!!! We're having some Takis Blue Heat fuego chips- there are the same chips I ate in the Matt Stonie 10,000 calorie challenge. They are super spicy, kinda like the zombie nitro ones too. I think they are very similar to the Flamin' Hot Cheetos challenge. Now, since I've made Flamin' Hot Cheetos Noodles in the past, I figured this time I could make Takis Ramen -- but the blue noodles type! If you like super cheesy pasta or super cheesy fire noodles, you'll love this quick and easy recipe. Grab some food and let's eat! :) ————— Executive Producers: Jamie Babycado, Princess Abbie, & C. Butter Wanna Be My Producer? – patreon.com/NikocadoAvocado

### Here's What Happens To Your Brain And Body When You Go Vegan | The Human Body

Thinking about skipping out on meat and dairy? Going vegan is becoming increasingly more common, but is it actually good for you? Following is the transcript of the video: What happens to your body when you go vegan? Thinking of making the jump to a vegan diet? You're not alone. In your first few weeks, you may feel especially tired. Without meat, vegans often have a hard time getting enough vitamin B12 and iron, which helps make red blood cells and transport oxygen throughout the body. But it's nothing a supplement or handful of nuts can't fix. You may also discover that foods don't taste the way they used to. That's because your zinc levels have taken a hit, affecting your overall sense of taste and smell. On the plus side, expect to lose some weight right away! After switching, new vegans lost an average of 10 pounds over a 10 month period. Plus, a 2009 study found that average BMI was lower for vegans than all other diets. Another benefit that you may experience is a healthy decrease in cholesterol, blood pressure, and heart disease risk. In 1999, a study showed that vegans were 24% less likely to have clogged arteries from saturated fat and cholesterol. While your arteries are better off, your bones may not be. If you're like most Americans who get their daily calcium from dairy products, you may see a dip in calcium levels. But you can combat this simply by boosting your intake of kale, broccoli, and other leafy greens. Plus, cutting out dairy might make you more ... regular. 60% of humans don't have the enzyme to properly digest lactose in dairy. The result is cramping, bloating, and even diarrhea. Swapping dairy with high fiber veggies will make bathroom trips a lot more productive. Like any diet, veganism has its pros and cons. Be sure to research and see which diet is best for you. ----- #Vegan #Veganism #TechInsider Tech Insider tells you all you need to know about tech: gadgets, how-to's, gaming, science, digital culture, and more. Subscribe to our channel and visit us at: businessinsider.com/sai TI on Facebook: facebook.com/techinsider TI on Instagram: instagram.com/tech\_insider/ TI on Twitter: twitter.com/techinsider INSIDER on Snapchat: insder.co/2KJLtVo ----- Here's What Happens To Your Brain And Body When You Go Vegan | The

Human Body

### If You See This, Run Away And Call For Help

If You See This Run Away and Call for Help If you're the curious type, you're probably the type of person that approaches something without hesitation, and that includes unfamiliar animals. Well, no matter how curious you are, never come close to any of the animals on this list. Heed my advice, if you see any of these animals, you run away. Especially from number one, if you can run away that is. Stay tuned to find out what it is. Number 10. The Goliath Birdeater Goliath Birdeater spiders are the largest spiders in the world, both in weight and size. These heavyweights can weigh in at over 6 oz., and be up to 11 in. across with their legs spread. Like all tarantulas, they have a large abdomen and a smaller cephalothorax. This spider's spinnerets are at the end of its abdomen, and its fangs are at the front of its cephalothorax. They have very large fangs, which can be up to 1.5 in. long. Each fang is equipped with venom, but it is mild and not dangerous to humans unless you are allergic. Just knowing how big it is and that it packs venom should be enough to convince you not to mess with this thing. The thing is, it's not its size nor venom that you should be worrying about. It's the hairs. hey can rub and release the fine hairs from their abdomens. These urticating hairs irritate the mucous membranes of a predator, for example the nose, mouth, and eyes. Needless to say, if these little suckers get on your skin, you're going to be itchy for days. Number 9. The Giant African Land Snail The giant African land snail, is the largest species of snail found on land and generally grow to around 20 cm in length. It is native to the forest areas of East Africa but has been introduced into Asia, the Caribbean and a number of islands in both the Pacific and the Indian oceans. Now, I know what you're thinking; what could a snail possibly do to you that should be able you to turn tail and run? Well, I'm going to get into that in a bit. In the areas of the world where it is found, the giant African land snail is generally seen as a pest as these snails will eat almost anything vegetarian that they can find and have proven to be quite destructive when around crops and wild flowers. However, it's not how much they can eat that you should worry about. Giant African land snails are known to carry parasites that can transmit meningitis to humans. A scary though especially when coupled with the fact that they are kept as pets in some parts of the world. Number 8. The Goliath Tigerfish The Goliath tigerfish is the largest member of the tigerfish clan, known to grow as large as 5 feet and weigh over 110 pounds, and is native to the Congo River Basin, Lualaba River, Upemba, and Lake Tanganyika in Africa. This large African predator is a freshwater fish with an olive colored back and a silvery underside. What's striking about the Goliath tigerfish is its astounding size and weight, almost looking as if it grew on steroids, and it uses its razor-like teeth to tear its prey apart. The lifespan of this fish is unknown in the wild, but in captivity it can live as many as 10 to 15 years. If you see it out in the wild while swimming, turn the other way and swim in the opposite direction, and pray that it won't follow you. It is a very fierce predator, with a mouth full of 32 dagger-like teeth and a very muscular physique that enables it to hunt efficiently. It isn't even afraid of crocodiles and actually eats the smaller ones. Despite their massive size, they are fast runners, faster than Usain Bolt himself. Grizzlies can reportedly run 35 mph, and sustain speeds of up to 28 mph for two miles, faster than Usain Bolt's 27.78 miles per hour stride. they're often hungry, considered as apex

predators, can run faster than you, what else is there to be scared of? Well, they have claws as long as human fingers and the strength to chop up your head with one stroke. Do you know of other dangerous animals that did not make it to this list? Let us know in the comments section below. Want to watch more videos about dangerous things from the safety of your own home? Click on any of the videos you see on the screen. As always, thanks for watching. If you're new, Subscribe! → [goo.gl/djmfuX](https://goo.gl/djmfuX)  
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### Behind Adele's Triggering Weight Loss

Discover The Surprising Details In Her Weight Loss Journey Subscribe: [bit.ly/Subscribe-to-Talko](https://bit.ly/Subscribe-to-Talko)

----- We all know singer Adele is incredibly talented, but based on one particular Instagram photo this star has clearly experienced some recent weight loss. It seems like everyone has an opinion on the subject, including some of her former personal trainers. Camila Goodis bragged about putting her on a 1,000 calorie per day meal plan complete with green juice, while Alice Liveing believes that plan could do more harm than good. Some speculate she's been working hard on her revenge body after her relationship with Simon Konecki, while others think she's doing the best she can for her son, Angelo. There have been rumors she's sticking to the Sirtfood diet, but Peter Geracimo insists this star is doing her best for her mental health, and has the right mindset to make a major change. Some fans worry she could be suffering from an eating disorder or taken the words of body shamers to heart, but celebs like Sharon Osbourne and Sarah Paulson are proud of her. Adele has always preferred to talk about her considerable talent rather than her waistline, so it's surprising to see so many people call her confidence into question! Do you think people are overreacting to her social media post, or are they right to have concerns about her sudden appearance change? Take a moment to let us know what you think in the comment section below and make sure to click on the subscribe button, give us a thumbs up, and turn on your notifications for more new videos from us here at The Talko. ----- Our Social Media: Facebook: [facebook.com/TheTalko](https://facebook.com/TheTalko) Twitter: [twitter.com/thetalko](https://twitter.com/thetalko) Instagram: [instagram.com/the\\_talko](https://instagram.com/the_talko) TikTok: [tiktok.com/@thetalko](https://tiktok.com/@thetalko)  
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### How To Permanently Transform Your Body With ZERO Food Restrictions or Life Changes

Watch this webinar to gain access to my foundational 3 Pillar Method that'll teach you how to permanently transform your body using scientifically-proven, simple steps with zero food restrictions or life changes. There is nothing for sale during this webinar...so, keep your CC in your wallet. This is me trying to add as much value as I can in a condensed period of time :) At any time during the webinar you can book your FREE 60 strategy session with me by using this link: [fitblondellcschedulingpage.as.me/schedule.php](https://fitblondellcschedulingpage.as.me/schedule.php) I will provide clarity, sustainable lifestyle modifications and a solid game plan to help you achieve the body of your dreams. No gimmicks, sales pitches or false promises. After viewing, as a special gift to you, I will personally e-mail you my most popular nutrition guide (a value of \$250) absolutely free! You've got nothing to lose other than pounds :) So looking forward to connecting with you! Xx Ann