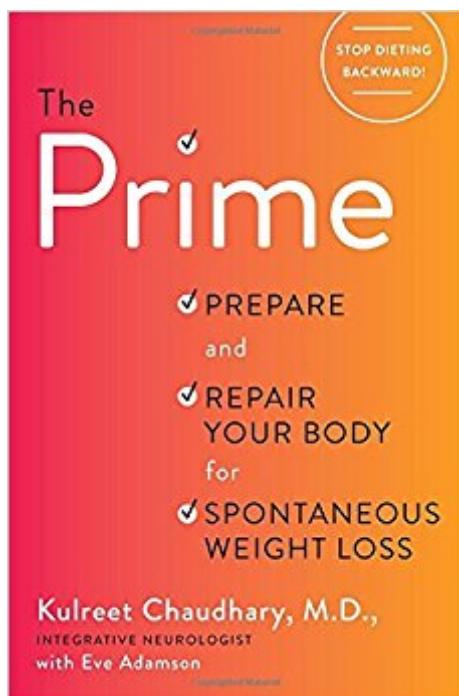


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The Prime: Prepare And Repair Your Body For Spontaneous Weight Loss



Synopsis

Prepared to live at your prime? Integrative neurologist Dr. Kulreet Chaudhary discovered a beautiful side effect to the eating and lifestyle tools she gave her brain patients--spontaneously shedding excess pounds. In this, her first book, she shows us how to sharpen the brain, and smarten and heal the gut. Weight gain is not about the food, but about the body's environment. Excess weight is a result of the body being in a toxic, inflammatory state. If your body is not prepared or primed for weight loss, you will fight an uphill biochemical battle. Her program is not about what you can't have or do, it's about adding simple teas and herbs, and succeeding without giving up any foods you love. With The Prime, Dr. Chaudhary has reverse engineered our way of eating, so we can stop dieting backward and start losing weight instead. You'll learn: --The importance of neuroadaptation, food addiction, and the brain (or, why your brain and gut have made it so hard to lose weight in the past!)--Why it's not about what you eat, but what you digest--How to determine if you have a Leaky Brain--and what The Prime can do about it (hint: everything)--How to easily crush cravings (no willpower required), ignite energy and fat, and biohack your lifestyle habits. Lastly, you'll learn how to live fully Primed, the secrets of the Super-Primed, and when you're ready to explore new foods, how to eat according to your unique constitution.

Book Information

Hardcover: 320 pages

Publisher: Harmony; 1 edition (January 5, 2016)

Language: English

ISBN-10: 1101904313

ISBN-13: 978-1101904312

Product Dimensions: 6.5 x 1 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 316 customer reviews

Best Sellers Rank: #7,705 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #147 in Books > Health, Fitness & Dieting > Alternative Medicine #257 in Books > Health, Fitness & Dieting > Mental Health

Customer Reviews

"The Prime is a wonderfully crafted amalgamation of ancient wisdom with leading-edge science. Blessings to Dr. Chaudhary for delivering this knowledge in a user-friendly format

to benefit so many!—David Perlmutter, MD, FACN, New York Times bestselling author of *Grain Brain* and *Brain Maker* —“Dr. Kulreet Chaudhary is a rock star doctor who truly bridges the gap between Ayurveda and western medicine. The Prime will leave you feeling and looking great!—Jason Wachob, Founder of mindbodygreen and author of *Wellth* —“Kulreet Chaudhary chronicles a fascinating journey from a reductionist and mechanistic medicine to a truly integrated behavioral approach to health and healing. For anyone who wants to understand the future of well being and medicine this book is a must read.”—Deepak Chopra, MD, FACP

DR. KULREET CHAUDHARY is an integrative neurologist, neuroscientist, and the former Director of Wellspring Health at Scripps Memorial Hospital; she is a pioneer in the field of Integrative Medicine. She received her Internship in Internal Medicine at UCLA and her Neurology Fellowship from UCSD. She has participated in over twenty clinical research studies in the areas of multiple sclerosis, Alzheimer's disease, Parkinson's disease, ALS, and diabetic peripheral neuropathy. Dr. Chaudhary is committed to bringing national awareness to the need for a paradigm shift in medicine that focuses on patient empowerment and a health-based medical system and as such is the co-founder of Habit Change, and now serves as the Chief Medical Officer for New Practices, Inc. With this work, she is transforming allopathic medical practices into healing centers that use compassion-based health coaching, meditation, and integrative medicine to combat chronic diseases such as Alzheimer's disease, diabetes, obesity, coronary heart disease, depression, and more. She also oversees ongoing research in the management and reversal of chronic disease through lifestyle intervention.

First, I bought the book because I was briefly a patient of Kulreet Chaudhary's when she was in private practice (she was referred to me as one of the top neurologists in San Diego at the time). Knowing who she is, I was idly curious about the book, but I don't usually enjoy non-fiction reading. So I started it last night thinking "I'll just skim a bit and see if anything jumps out at me." It was so compelling I could not put it down. My husband pried my kindle from my tense tired hands about 1:45 AM. (My only complaint so far is that, contrary to its own advice, this book kept me up WAY past my bedtime!!!) I am about 75% through and will edit my review if my opinion changes after following the Prime, but I am so excited about this book that I wanted to do a review right away. Also, as a former patient of the author's I have already followed a few things she recommends in the book and they did indeed work. What's so great about *The Prime*? It's a really good, entertaining, fascinating

read! It's extremely informative but written in such a way that I just want to keep reading - what will I learn next? 2. It's substantive. The book is full of REAL information that "explains so much" about why we (humans) do the things we do with food and health, and why our bodies react the way they do. It never talks down to you, but it is readable, interesting, easy to grasp despite the amazing wealth of information it contains. Maybe I'm just a geek but I find this book SO fascinating because it explains, so clearly, how brain wiring, body chemistry, nervous system, and digestion interact to compel us to eat, drink, live, even FEEL the way we do. I must have said "OMG so THAT'S why that happens/how that works" 20 times last night. I even understand addictions like alcoholism and drugs better, plus depression. If you've tried some other diets that are supposed to be super healthy and seem to work for many but they did not work for you (like Paleo, gluten free, sugar free, vegan, low carb, whatever...) this book explains why they may work for some but not others and what you need do first to "prime" yourself. 3. It's convincing. It gives sound, resourced explanations for all the information it contains. I *so* appreciate being given the facts/science that back up an author's concepts and advice. I *try* to be open minded regarding self healing with lifestyle, diet, exercise, but I get discouraged when so many self-appointed experts these days proclaim things like "Artificial sweetener is poison!" or "Gluten is bad" or "Taking a supplement is not as beneficial as eating actual food" -- but never (convincingly) explain *why* that is. Do they really *know* or did they just hear someone else say it and choose to repeat it? And when different experts recommend contradictory things who am I to believe? But here, I have no doubt the author knows what she's talking about (why the body reacts the way it does and how it all ties together) because she's a neuroscientist, a practicing doctor, and she explains it and supports it. 4. It's not just for losing weight. The big sell for this book is that if you follow the prime you will lose weight! The delightful surprise in it is that you will also become optimally healthy and feel better than ever. If you or a loved one have ANY kind of chronic ailment - autoimmune, diabetes, ulcers, headaches, etc. I strongly recommend this book. 5. You don't have to give anything up! It's a "weight loss" book but, she doesn't take anything away! The Prime gives you some new, simple things to start doing that will help your overall functioning, naturally resulting in weight loss. I can do that, I can ADD a few simple habits to my diet/routine as long as you stay the bleep away from my favorite treats! The book claims that with the new habits you add, your desires will naturally gravitate toward what is more healthy for you over time. TRUTH! This is 100% true in my experience because when I was Dr. Chaudhary's patient some things she

ÃƒÂ¢Ã ¬Ã Å“prescribedÃƒÂ¢Ã ¬Ã Å• to me are part of ÃƒÂ¢Ã ¬Ã Å“The PrimeÃƒÂ¢Ã ¬Ã Å• and that is *exactly* what happened for me. a.) I started actually craving healthy things that I had no interest in before and b) (most) junk food simply became less appealing to me. It was natural and comfortable. I just shifted a little...Whereas if someone said "xxxx is bad for you, don't eat it." my reaction is to become belligerently resistant. Not only do I not want to be deprived, sometimes I actually feel my culture and beliefs--America itself!--are being insulted when someone tells me I should not eat something I grew up on and have been feeding my family, that I love and maybe associate with special gatherings, holidays and events. There is none of that "this is always right that is always wrong" lecturing in this book.I'm so enthused about this book I want to send a copy to every single person I know with even the slightest weight or health issues. But that would probably irritate many of them, so for now I'm writing this review and hopefully many people will see it and get the book!I am going to start implementing the parts of the Prime that I was not already doing very soon. In a couple months, if there is no improvement, I will edit my review accordingly. But I'm definitely sold based on my experience so far.

I LOVE this book. I am on week 2 of phase one. I have started so many healthy habits and have greatly reduced the swelling in my legs - the fake fat girl. I have a lot of hope that this can turn my world of food, eating and digestion around to a natural way of keeping thin - that isn't a restrictive lifestyle - spontaneous.It is extremely easy to do. I call it my daily super eight : rebounding, drybrushing, alternating hot and cold shower, lymph massage with essential oils, deep breathing, (these last 3 are of my own doing and not mentioned in the book), triphala, fiber, and Prime tea. btw I have 6 kids that I homeschool - if I can be motivated to pull this off anybody should! I also have 40 (wait now 38 lbs) to loose and have been a chronic dieter.Heal your guts and then see what happens to the weight - thats my take on the book. It is scientific - slightly but easy to understand and extremely important to understand! The tea is ok and doable - honestly not my favorite but it isn't gross and I don't dread it. I am responding well with the triphala and fiber.Lastly: I had a question/concern so I stuck my neck out and sent Dr. Chaudhary an email. And I got a response! The answer I needed and bit of extra advise - very helpful and friendly

Dr, Chaudhary suggests that we need to shift our biochemistry a little bit at a time. We need to fight biochemistry with biochemistry, I admit I admit I am a bit of a skeptic, and know nothing about Ayurvedic medicine, but I'm willing to listen to the doctor. It's obvious she has spent many years studying and practicing this approach, so I am approaching her ideas with an open mind. I

appreciate the author's detailed account of her own history with medical issues--especially migraine headaches.I can completely understand why, years ago, the author's colleagues took her aside and admonished her, "You are a young, bright neurologist and you are practicing voodoo!" Her ideas don't mesh so easily with established practices in western medicine (and most definitely do not fit in American eating habits!)I think it's interesting that the weight-loss part of the Prime is sort of an "off-label" benefit. That is, Dr Chaudhary explains, the Prime was not intended primarily for weight-loss; rather, it originated in her problems with migraine headaches. Weight loss was like an "off-label" use.I found the chapter on Digestion, Chapter 4, "It's Not What You Eat, It's What You Digest," very interesting, from a scientific standpoint. Dr. Chaudhary does a nice job of explaining how our body works. Starting with the Mouth, she takes the reader on a "Digestive Journey" explaining how each part of the body works. I know it sounds sort of gross, but it's not--it's informative and useful information.THE PRIME is well-written, with lots of supporting research and other reference information. The author writes logically and concisely, weaving in many accounts from her own experience and medical practice.To be honest, I'm not completely sold--I admit I'm still pondering these ideas.

My bowel movements have definitely improved, although I have not lost a lot of weight yet; however, I am following Dr. Chaudhary's recommendations as best I can.

Open your mind up - and enjoy better days.I could not imagine that the prescribed "tea concoction" could possibly be potable. But it is fantastic, and I wake up each morning craving that tea like I used to crave coffee.

This book should be subtitled REAL HOPE for STRUGGLING PEOPLE as it is a gentle but workable plan to move the meter toward health and away from becoming more toxic. In first phase and results are subtle, yet lasting and very manageable to continue. Dr Chaudhary, you are a God-send!

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