

ZDROJE A INSPIRACE



Prevence, zdraví, dlouhověkost, redukce váhy

Dr. Andrew Huberman, <https://www.hubermanlab.com/>

Dr. Casey Means, Good Energy: The Surprising Connection Between Metabolism and Limitless Health (2024)

Chris Kresser, <https://chriskresser.com/>

Dr. Mark Hyman, <https://drhyman.com/pages/function-health>

Jan Vojáček, Rozhodni se být zdrav (2022)

Margit Slimáková, Velmi osobní kniha o zdraví (2020)

Dr. Sara Gottfried, The Hormone Reset Diet (2016)

Dr. Mark Hyman, Food: What the Heck Should I Eat? (2018)

Peter Attia, Outlive: The Science and Art of Longevity (2023)

Hanka Zemanová, Rytmus roku s Hankou Zemanovou (2023)

Robert Lustig, Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine (2021)

Chris van Tulleken, Ultrazpracovaní lidé (2022)

Satchin Panda: Cirkadiánní kód (2020)

Psychologie výživy, spánek, pohyb

Marc David, The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss (2005)

Dr. Peter Levine, Waking the Tiger: Healing Trauma (1997)

Matthew Walker: Proč spíme (2018)

Kelly Starrett, Juliet Starrett: Stvoření k pohybu (2017)

Hladina krevního cukru

Satchin Panda: Cirkadiánní kód proti cukrovce (2022)

Benjamin Bikman, Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease and How to Fight It (2020)

Jessie Inchauspé, Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar (2022)

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Rezistentní škrob – charakteristika, zdroje a vliv na lidské zdraví – doc. Ing. Marcela Sluková a kolektiv. Ústav sacharidů a cereálií, Vysoká škola chemicko-technologická v Praze (2020)

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Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize
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Dr. Jason Fung, Life in the Fasting Lane: How to Make Intermittent Fasting
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Dr. Mindy Pelz, Fast Like a Girl: A Woman's Guide to Using the Healing Power of
Fasting to Burn Fat, Boost Energy, and Balance Hormones (2022)

