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Pilates 101: The Ultimate Beginners Guide to Pilates



Ultimate Pilates For Beginners Explained For Beginners

Catherine Cram, Tere Stouffer Drenth

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Guide to Pilates Sian Williams, Dominique Jansen, 2004 Introduces the holistic exercise system called Pilates Includes a self assessment and presents the principles of Pilates as well as thirty six step by step sequences **Summary & Study Guide -**
The Better Brain Solution Lee Tang, 2018-03-20 Reverse and Prevent Type 2 Diabetes and Heart Disease Sharpen Cognitive Function and Avoid Memory Loss This book is a summary of *The Better Brain Solution How to Start Now at Any Age to Reverse and Prevent Insulin Resistance of the Brain Sharpen Cognitive Function and Avoid Memory Loss* by Steven Masley M D We are facing two urgent epidemics today increasing rates of type 2 diabetes and prediabetes and escalating rates of disabling memory loss These two conditions are linked to a metabolic dysfunction called insulin resistance triggered by poor diet and lifestyle choices The rates of type 2 diabetes and Alzheimer s disease are escalating at epidemic proportions because of the insulin resistance brought on by the Standard American Diet In *The Better Brain Solution* Dr Steven Masley explains why healthy insulin activity and blood sugar control are essential to brain health He explores the impact of insulin

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