



The Well Path: Lose 20 Pounds, Reverse the Aging Process, Change Your Life

By Jamé Heskett M.D.



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Lose twenty pounds and reverse the aging process in just sixty days with this clinically proven, holistic lifestyle plan from an anti-aging expert whose clients include some of New York City's most successful women.

Most diets don't work because they restrict food intake and put inconsistent physical stress on the body, starving cells, throwing hormones out of whack, and slowing down metabolism. In *The Well Path*, Dr. Jamé Heskett offers us a radical new approach: In order to lose weight, we first have to heal the damage we've done to our bodies from years of dieting. Before we can lose weight for good, we need to achieve homeostasis—total balance in the body, with all its systems working in concert. When you're there, you're full of energy, look and feel younger, and lose weight effortlessly.

The Well Path is her sixty-day plan to get you there. Dr. Heskett provides a detailed week-by-week and day-by-day calendar of small changes and challenges to get you on your own Well Path. You begin with Well Prep, a month-long period to get you acclimated to simple lifestyle changes. The second month is devoted to Well Practice, a roadmap to homeostasis that focuses on six areas of CHANGE:

Circulation—improving the vascular system gets rid of stored fat and toxins

Hunger—learning to identify real and false hunger to avoid overeating

Activity—non-exercise activity that can burn hundreds of extra calories

Nutrition—a diverse array of nutrients (especially fiber) to improve gut absorption and balance hormones

General Health—the importance of sleep, sex, stress, and social interaction

Exercise—Dr. Heskett's code for maximum fat-for-energy exercise conversion

The Well Path will take you from sickness to health, fat to fit, and old to young—in just sixty days.

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Bibliography

- Sales Rank: #470455 in eBooks
- Published on: 2016-03-08
- Released on: 2016-03-08
- Format: Kindle eBook

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Editorial Review

Review

“Dr. Heskett believes, as do I, that vibrant health is achieved by making natural, holistic changes. By following *The Well Path*, any woman can be her best, lose weight and grow younger—and have a great time doing it.” (Jane Seymour, actress, artist, and author of *The Wave*)

“In *The Well Path*, Dr. Jame Heskett offers not another diet or workout plan but a real, integrative, whole-body solution that supports and empowers women to be the healthiest, most vital versions of themselves they can be.” (Christie Brinkley, New York Times bestselling author of *Timeless Beauty*)

From the Back Cover

CHANGE your life in five simple steps.

Every day, Dr. Jamé Heskett sees women who are struggling—and failing—to lose weight. They arrive in her office frustrated, demoralized, and exhausted, having “tried everything.” They want to know: Why haven’t all of their conscientious eating and exercising made a difference?

The truth, Dr. Heskett tells them, is that dieting and working out like crazy are precisely why they aren’t losing weight! Their bodies are perfectly designed to keep them healthy and fit, but the body can’t do its job when it’s thrown out of whack by stress, dieting, and overexercising. By restricting food and putting inconsistent physical stress on the body, they are starving their cells, creating hormonal imbalances, slowing their metabolism to a crawl, and actually accelerating the aging process.

In *The Well Path*, Dr. Heskett shares her clinically proven, holistic plan that has already changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regimen is a series of small steps that may be easily integrated into daily life.

The Well Path’s road map to weight loss consists of six key areas:

- C is for Circulation: Improving blood flow releases stored fat and flushes out toxins.
- H is for Hunger: Learning the difference between real and false hunger prevents overeating.
- A is for Activity: Non-exercise activity burns hundreds of extra calories.
- N is for Nutrition: A diverse array of nutrients improves gut absorption and balances hormones.
- G is for General Health: Sleep, sex, stress, and social interaction are integral to overall health.
- E is for Exercise: Dr. Heskett shares her secrets for maximum fat burn.

Dr. Heskett practices what she preaches: After her third pregnancy she used her plan to lose sixty pounds. Warm and encouraging, she offers advice from the point of view of someone who understands the struggle to get healthy, and is living proof that with consistent effort, anyone can achieve vibrant health.

Advance Praise for *The Well Path*

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About the Author

Jame Heskett, MD, is the founder and director of Wellpath, an antiaging and wellness center in New York City. Dr. Heskett received her MD in family health from George Washington University and completed her postgraduate residency training at Swedish Medical Center in Seattle, rounding out her medical practice with a formal education in homeopathy and naturopathy which she integrates into her practice. The mother of three children, she lives with her family in New York City.

JAME HESKETT, M.D., is the founder and medical director of the Wellpath, an anti-aging and wellness center established in 2001, located on Madison Avenue in New York City. Dr. Heskett received her M.D. from the George Washington University and completed her postgraduate residency at the Swedish Medical Center in Seattle, rounding out her medical practice with a formal education and apprenticeships in homeopathy and naturopathy, which she integrates into her practice today. She is the mother of three, a wife, a yogi, and an accomplished hiker. She lives with her family in New York City and can be found during vacations and weekends on the Appalachian Trail. Visit her at www.thewellpath.com and www.thewellpathbook.com.

Karen Saltus has narrated television and radio commercials, audiobooks, textbooks, multimedia, film, and voice prompts for interactive telephone applications. She began her career thirty years ago at a radio station in Portland, Maine. She later became a creative director for a station in Massachusetts. In 1994 she became a full-time freelance voice-over talent.

Users Review

From reader reviews:

Edward Christensen:

Information is provisions for people to get better life, information presently can get by anyone with everywhere. The information can be a expertise or any news even an issue. What people must be consider when those information which is within the former life are challenging to be find than now is taking seriously which one works to believe or which one the resource are convinced. If you have the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take *The Well Path: Lose 20 Pounds, Reverse the Aging Process, Change Your Life* as your daily resource information.

Nannie Hand:

The e-book untitled The Well Path: Lose 20 Pounds, Reverse the Aging Process, Change Your Life is the publication that recommended to you to learn. You can see the quality of the guide content that will be shown to anyone. The language that writer use to explained their ideas are easily to understand. The article writer was did a lot of exploration when write the book, so the information that they share to you is absolutely accurate. You also will get the e-book of The Well Path: Lose 20 Pounds, Reverse the Aging Process, Change Your Life from the publisher to make you far more enjoy free time.

Delores Villarreal:

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Kristen Blasingame:

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