

# ССЫЛКИ

## Введение

1. Ludwig DS, Majzoub JA, Al-Zahrani A, Dallal GE, Blanco I, Roberts SB. High glycemic index foods, overeating, and obesity. *Pediatrics* 1999;103:656.
2. Drewnowski A., Krahn DD, Demitrack MA, Nairn K, Gosnell BA. Taste responses and preferences for sweet high-fat foods: evidence for opioid involvement. *Physiol Behav* 1992;51:371-9.
3. Shah NP. Effects of milk-derived bioactives: an overview. *Br J Nutr* 2000;84(suppl1): S3-S10.

## 1. Искушение начинается: как еда порабощает

1. Drewnowski A., Krahn DD, Demitrack MA, Nairn K, Gosnell BA. Taste responses and preferences for sweet high-fat foods: evidence for opioid involvement. *Physiol Behav* 1992;51:371-9.
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## 2. Сладкие штучки: искушение сахаром

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## 3. Шоколад или смерть: искушение шоколадом

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## 5. ШИПЯЩИЙ СОБЛАЗН: ИСКУШЕНИЕ МЯСОМ

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## 6. Шаг первый: начинайте день со здорового завтрака

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## 7. Шаг второй: выбирайте продукты, стабилизирующие уровень сахара в

# КРОВИ

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## 8. Шаг третий: стимулируйте выработку укротителя аппетита – лептина

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## 9. Шаг четвертый: разорвите порочный круг циклического обжорства

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## 10. Шаг пятый: регулярно занимайтесь физическими упражнениями и отдыхайте

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## 12. Шаг седьмой: найдите для себя дополнительные стимулы

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## 13. Пища, которая на любовь ответит ВЗАИМНОСТЬЮ

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Версия #2

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