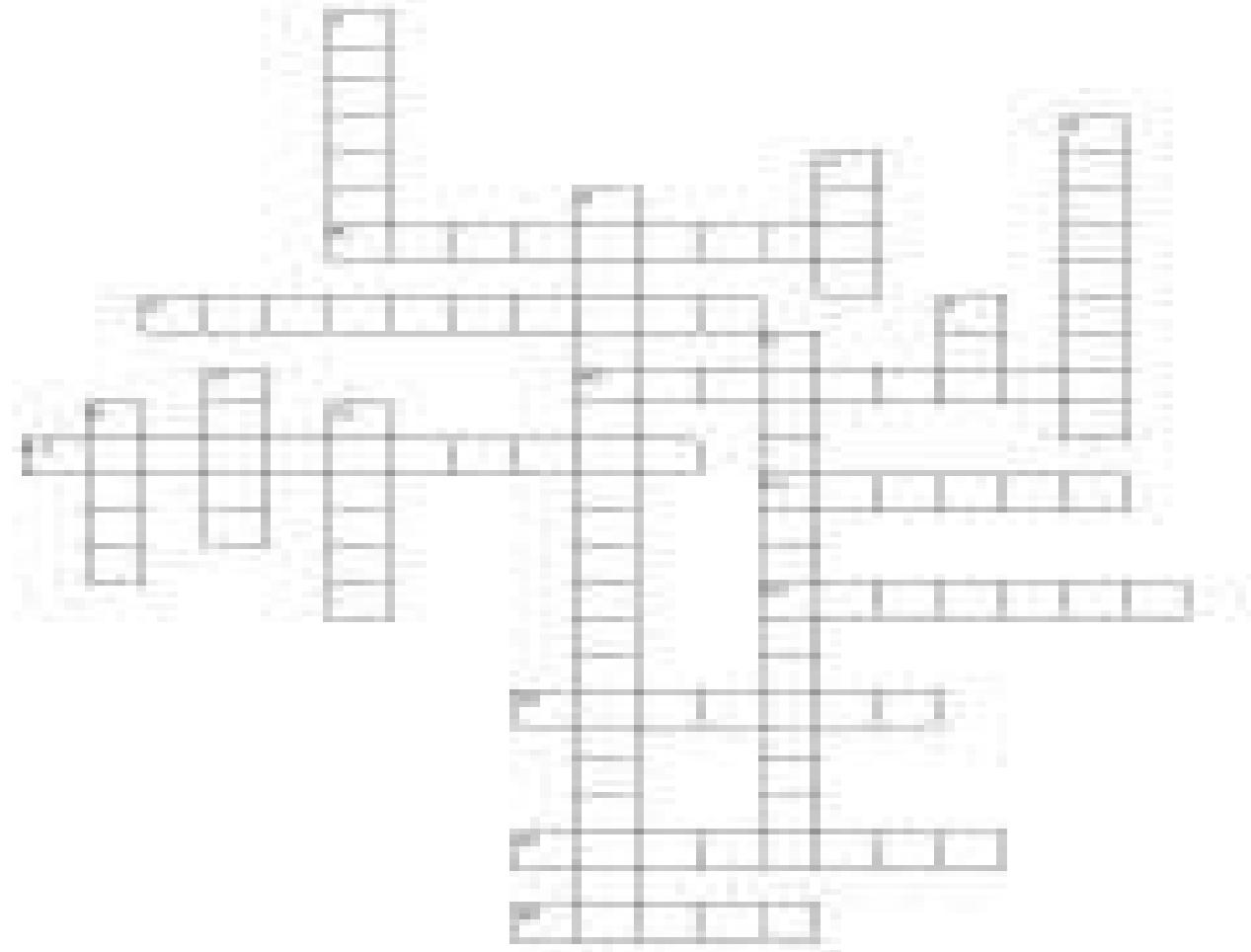


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# Chapter 14 Stress Health Study Guide Answers Scribd

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**Summary of Eat Smarter by Shawn Stevenson** Smart Reads, 2021-02-27 NOTE This is an unofficial summary The Model Health Show Stevenson has penetrated the health and fitness world with his innovative understanding of weight management A lifelong advocate of human health Stevenson's dedication to this field of work began through his personal experiences with his own health He has spoken at conferences universities and events Finding both personal and worldly success through his work Stevenson has appeared on ABC News ESPN Forbes Muscle Fitness and various other media outlets Shawn Stevenson studied nutritional science biology and business while at the University of Missouri Saint Louis He is the founder of Advanced Integrative Health Alliance a company that provides organizations and individuals with a multitude of wellness services Stevenson has expanded his platform on YouTube Instagram Twitter iTunes where his 1 Health Podcast is featured Also the author of Sleep Smarter and The Key to Quantum Health Awakening Your Highest Potential Through the Power of Dynamic Nutrition and Empowered thinking Stevenson has cemented himself as an advocate for human health in many regards Shawn Stevenson resides in Wildwood Missouri with his wife and children Shawn Stevenson's bestselling book Eat Smarter takes a ground breaking approach in understanding human health specifically the interaction between our bodies and the food we eat Stevenson erodes Western medicine's conventional conclusions on how illnesses persist in the mind and body Eat Smarter emphasizes the impact that nutrition or lack thereof takes on human health The book challenges current schools of thought in regards to fat loss fat gain and optimal health Stevenson does this by going in depth on the inner functions of our digestion metabolism hormones and organs and the role that food plays in optimizing or depressing their function Our body's ability to retain or lose fat depends on the various organ and cell's level of functionality and food is the biggest factor to that Stevenson makes a strong argument on food and its direct role in supporting optimal health or depressing it From the liver to the brain all the way down to the microbiome communities in our gut there is a delicate balance taking place in the human body and disrupting that balance creates an opportunity for illnesses to fester while also creating difficulties in weight loss or management This book shies away from diet culture and its calorie centric approach to weight loss by giving readers a new perspective Encouraging a whole food approach to assembling our diets Eat Smarter draws numerous connections on heavily processed foods and their disruption to our body's ability to function properly Starting off by sympathizing with the culture that breeds toxic dietary lifestyles the author touches on the genius but exploitative marketing by food manufactures the highly convenient and readily available surplus of heavily processed foods and the overwhelming work life cycle that drives us to consume nutritionally empty foods Through unpacking the cultural environmental and psychological influences that have driven the formation of poor dietary habits Stevenson explains how it is breaking down the human body but also what the body should receive to facilitate its healing

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