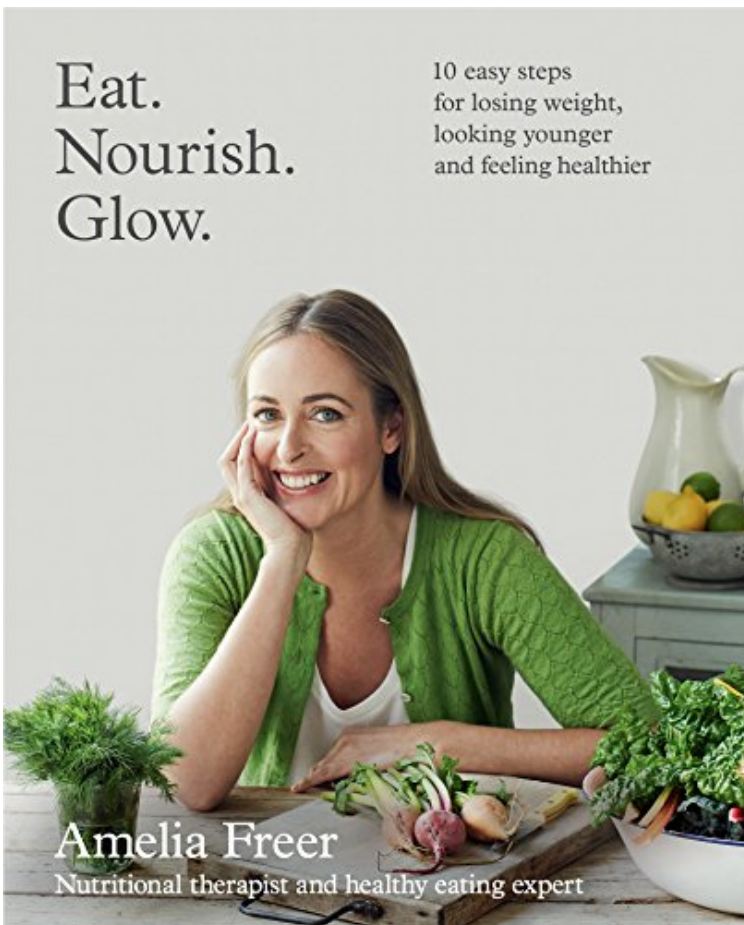


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Eat. Nourish. Glow.



Par Amelia Freer
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Description :

Prsentation de l'diteurThe #1 international bestsellernow available in an updated American edition.Ditch fad diets forever and achieve lasting weight loss and vibrant health with this simple and proven ten-step plan from the nutritional therapist and celebrity consultant who is taking the world by storm.Plagued by a host of health issues throughout her twentiesincluding severe fatigue, skin problems, and excess weightAmelia Freer struggled to make it through her busy day as the personal assistant to the Prince of Wales. When she discovered that what she ate had a major impact on how she felt, she made simple yet radical changes to her dietno more sugar, dairy, or processed foodsand began feeling better almost immediately. Improving her health inspired her to transform her life: She quit her job, went back to school, and became a nutritionist.In Eat. Nourish. Glow., Amelia shares the simple changes that have helped her, as well as her famous clients such as Sam Smith and Boy George, achieve dramatic results. In ten easy steps, Eat. Nourish. Glow. shows you how to gradually wean yourself off of gluten, sugar, and dairy; quit the snack habit; cut back on caffeine and alcohol; and incorporate nutrient-rich foods into your daily diet. Amelia also offers twenty-five delicious and simple recipes for every mealincluding dessertto ensure that your cravings for delicious foods are more than satisfied.Written in her gentle, friendly, and humorous voice, this essential guide feels like an in-person

consultation with Amelia readers will feel supported, not scolded. With gorgeous color photos and beautiful design throughout, *Eat. Nourish. Glow.* will inspire you to shift your food habits and get healthy, once and for all. Presentation de l'auteur The #1 international bestseller now available in an updated American edition. Ditch fad diets forever and achieve lasting weight loss and vibrant health with this simple and proven ten-step plan from the nutritional therapist and celebrity consultant who is taking the world by storm. Plagued by a host of health issues throughout her twenties including severe fatigue, skin problems, and excess weight Amelia Freer struggled to make it through her busy day as the personal assistant to the Prince of Wales. When she discovered that what she ate had a major impact on how she felt, she made simple yet radical changes to her diet: no more sugar, dairy, or processed foods and began feeling better almost immediately. Improving her health inspired her to transform her life: She quit her job, went back to school, and became a nutritionist. In *Eat. Nourish. Glow.*, Amelia shares the simple changes that have helped her, as well as her famous clients such as Sam Smith and Boy George, achieve dramatic results. In ten easy steps, *Eat. Nourish. Glow.* shows you how to gradually wean yourself off of gluten, sugar, and dairy; quit the snack habit; cut back on caffeine and alcohol; and incorporate nutrient-rich foods into your daily diet. Amelia also offers twenty-five delicious and simple recipes for every meal including dessert to ensure that your cravings for delicious foods are more than satisfied. Written in her gentle, friendly, and humorous voice, this essential guide feels like an in-person consultation with Amelia readers will feel supported, not scolded. With gorgeous color photos and beautiful design throughout, *Eat. Nourish. Glow.* will inspire you to shift your food habits and get healthy, once and for all. Quatrième de couverture Replace fad diets for good with 10 easy steps to your rejuvenated future; from nutritional therapist and healthy eating expert Amelia Freer comes the #1 international bestseller that Grammy winner Sam Smith Instagrammed completely changed my life. Amelia Freer brings a fresh and unique voice to the field of holistic health. In this, her first book, she explains her 10 steps and provides over 25 enticing recipes to get you started on your path to optimum wellness. As recommended by her celebrity clients, including Sam Smith, Amelia guides you gently through her 10 steps: how to detox your pantry and restock with alternatives, how to understand the differences between good and bad fats, the dangers of hidden sugar in the food we eat and how to dump the wheat (one of the demons!) from your diet. Her ideas are all backed up by the latest findings in the field of nutrition and neuroscience. Amelia includes a mouth watering selection of recipes, from delightful breakfast alternatives, such as Almond, Apricot and Rose Yogurt, light lunch ideas such as Crunchy Crab Salad and delicious mains such as Monkfish with a Broccoli and Ginger Mash. Wow your friends with the fiendish yet healthy sweet alternatives such as the Salted Caramels. There's something for everyone in this book and with Amelia guiding you on the path to better health, losing weight and looking great has never been easier.