

# SLIMOLOGY

THE RELATIVELY SIMPLE  
SCIENCE OF SLIMMING



BY SAM FELTHAM

# Slimology The Relatively Simple Science Of Slimming

**Jonathan Bailor**



## **Slimology The Relatively Simple Science Of Slimming:**

**Slimology** Sam Feltham, 2014-12-23 Having studied the slimming of thousands of people Personal Trainer Health Activist Sam Feltham breaks the mould of health and fitness to create a new area of study Slimology By using rigorous Socratic questioning and evocative storytelling he uncovers the past 15 years of diet and exercise research in 50 pages which seemingly contradicts the current conventional wisdom on slimming down toning up and feeling great Alongside the why Feltham provides you with the how with a 12 week action plan lifestyle diary and mini cook book to help you slim down tone up and feel great as effectively and efficiently as possible Plus how to maintain your new healthy lifestyle afterwards in a society hell bent on making you unhealthy

**That Sugar Guide** Damon Gameau, Zoe Gameau, 2016-03-15 From the bestselling author of That Sugar Book My hope is that one day consuming less sugar will not be thought of as a diet or a meal plan but will simply be known as eating Following on from the runaway success of Damon Gameau's That Sugar Film and That Sugar Book this is the book that brings the sugar free message into the home and onto the family table With 80 everyday low sugar recipes by passionate home cook Zoe That Sugar Guide will show you how to easily transition from sugary processed food to real food The book is divided into two parts The Bridging Week offers accessible science and friendly advice on cutting back on the white stuff plus recipes to help your body and palate adjust to a new exciting and healthy way of living The Consolidation Phase is your manual for long term healthy eating for you and your family Fun friendly and fact filled this is a book that teaches us to choose cook eat and love the sort of food that will nourish our bodies and sustain our health not for weeks or months but for life Fans of Sarah Wilson and David Gillespie will love That Sugar Book and That Sugar Guide A specially formatted fixed layout ebook that retains the look and feel of the print book

**The Smarter Science of Slim** Jonathan Bailor, 2012 Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10 000 pages of academic research related to diet exercise and weight loss The end result is this very straightforward simple and easy to read book where Bailor bridges the gap between the academic world and the everyday world to dispel the myths lies and corporate sales hype that have fueled the current obesity epidemic More than any other author in this new century Bailor has separated scientific fact from weight loss fiction to deliver a proven permanent and easy to implement fat loss solution Based on clinically proven research not trendy opinions Bailor uses biology and common sense to bring reason to the topic of diet exercise and weight loss Endorsements Proven and practical Dr Theodoros Kelesidis Harvard UCLA Medical Schools The latest and best scientific research Dr John J Ratey Harvard Medical School An important piece of work Dr Anthony Accurso Johns Hopkins Smart and health promoting Dr JoAnn E Manson Harvard Medical School The last diet book you will ever need to buy Dr Larry Dossey Medical City Dallas Hospital Revolutionary surprising and scientifically sound Dr Jan Friden University of Gothenburg Compelling simple and practical Dr Steve Yeaman Newcastle University Stimulating and provocative Dr Soren Toubro University of Copenhagen Amazing and

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