

SLIMOLOGY

THE RELATIVELY SIMPLE
SCIENCE OF SLIMMING



BY SAM FELTHAM

Slimology The Relatively Simple Science Of Slimming

Damon Gameau, Zoe Gameau



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

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