

Descargar libros gratis Eat. Nourish. Glow. - Amelia Freer DBSBOOK



Nutritional therapist and healthy eating expert Amelia Freer dispatches fad diets to the distant past while guiding you to a rejuvenated future.

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.

Amelia guides you gently through her 10 steps, how to detox your store cupboards 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.

About the author

Amelia Freer trained as a nutritional therapist after personal struggles with her own health, where she discovered first-hand how what we eat can transform our lives.

She has been credited with Boy George's recent and astounding weight loss and currently has an eight-month waiting list for her consultations, numerous high profile clients, and is a regular contributor to the national press.

In addition to one-to-one consultations, her services extend to helping clients with all aspects of nutrition, from empowering them to make intelligent choices at the supermarket, clearing and restocking kitchen cupboards, teaching the cooking of simple, healthy meals and providing realistic meal plans.

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