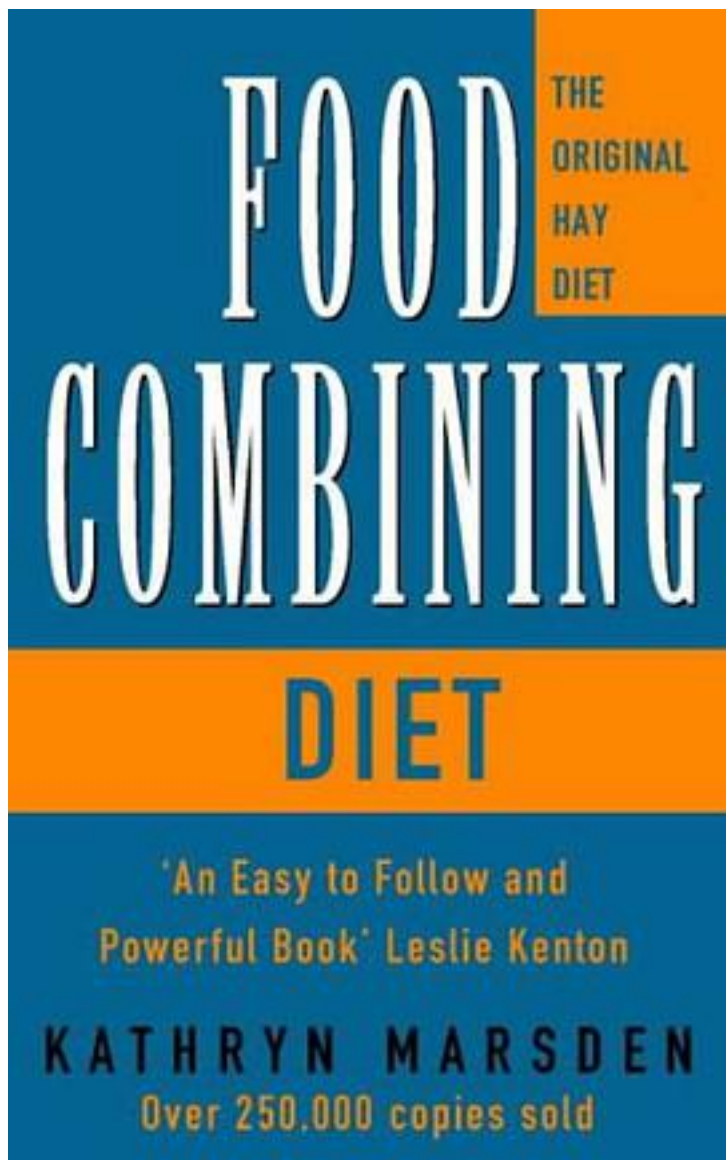


The Food Combining Diet



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著者:Marsden, Kathryn

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Fresh new jacket edition of this bestselling weight loss title, which has sold over 250,000 copies. Adapting Dr Hay's teachings -- separating protein and starch for optimum health -- respected nutritionist Kathryn Marsden provides advice and easy recipes to help you lose weight easily, naturally, safely and healthily. Food combining is based on Dr Hay's theory that proteins and starches should be separated in our diet for optimum health. As well as its proven health benefits -- such as alleviating digestive disorders, arthritis, persistent headaches and skin conditions such as eczema and psoriasis -- it is the easy, flexible, healthy way to lose weight. Leading nutritionist Kathryn Marsden has devised four weeks of easy recipes that include three meals a day, already divided into the three categories of starch, protein and alkaline meals, so the diet plan is incredibly easy to follow. This is one of the healthiest and easiest ways to lose weight -- no calorie counting, no small portions and few forbidden foods -- so you can lose weight while still enjoying your food. This book is both an excellent introduction to a new way of eating for long-term health benefits, and a recipe resource for committed food combiners wanting to lose weight or simply looking for new meal ideas. The recipes can either be followed strictly day by day or mixed and matched by more confident food combiners. Also includes useful health tips and simple explanations as well as ideas for menu planning.

作者介绍:

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