

The Big Healthy Soup Diet



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An incredible and fast 2 week programme with 60 soups that helps you lose up to 10lbs -- the healthy way. Each soup is full of specific nutritional superfoods to help you look years younger and build your immunity too. Soup has always been an excellent way to bring your body back to health and lose weight. Linda Lazarides offers a 2 week superfood-filled soup programme that not only helps you lose as much as 10lbs but can also be used to target health problems in a revolutionary way. Quick and easy to make, soup is the ultimate convenience food -- a delicious way to change your diet for the better. It allows you effortlessly to eat those recommended daily portions of vegetables, herbs and pulses in the most mouth-watering combinations. Linda Lazarides gives you all of the most up-to-date information on how to combat weight problems and other health and beauty problems by eating soups with ingredients such as onions, coriander, soy, tomatoes, radishes and lemon juice. As well as the weight loss related soup recipes, the book includes a strong section of ailment-specific soups containing those nutritional 'magic bullets' that can help you naturally overcome symptoms. It will include soup recipes to help with: High cholesterol or blood pressure; Overweight; Gall-stones; Candida; Chronic tiredness; Arthritis; Syndrome X; Skin problems; Low thyroid function.

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目录:

[The Big Healthy Soup Diet_下载链接1](#)

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