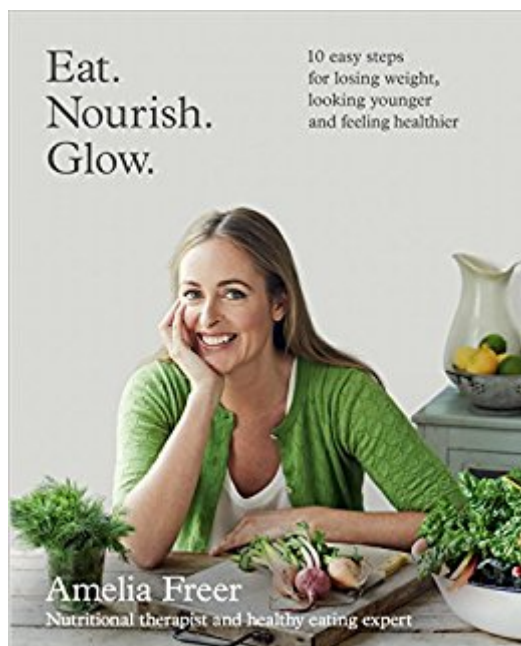


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# Eat. Nourish. Glow.



## Synopsis

The #1 international bestseller—now available in an updated American edition. Ditch fad diets forever and achieve lasting weight loss and vibrant health with this simple and proven ten-step plan from the nutritional therapist and celebrity consultant who is taking the world by storm. Plagued by a host of health issues throughout her twenties—including severe fatigue, skin problems, and excess weight—Amelia Freer struggled to make it through her busy day as the personal assistant to the Prince of Wales. When she discovered that what she ate had a major impact on how she felt, she made simple yet radical changes to her diet—no more sugar, dairy, or processed foods—and began feeling better almost immediately. Improving her health inspired her to transform her life: She quit her job, went back to school, and became a nutritionist. In *Eat. Nourish. Glow.*, Amelia shares the simple changes that have helped her, as well as her famous clients such as Sam Smith and Boy George, achieve dramatic results. In ten easy steps, *Eat. Nourish. Glow.* shows you how to gradually wean yourself off of gluten, sugar, and dairy; quit the snack habit; cut back on caffeine and alcohol; and incorporate nutrient-rich foods into your daily diet. Amelia also offers twenty-five delicious and simple recipes for every meal—including dessert—to ensure that your cravings for delicious foods are more than satisfied. Written in her gentle, friendly, and humorous voice, this essential guide feels like an in-person consultation with Amelia—readers will feel supported, not scolded. With gorgeous color photos and beautiful design throughout, *Eat. Nourish. Glow.* will inspire you to shift your food habits and get healthy, once and for all.

## Book Information

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## Customer Reviews

“Amelia Freer has helped me lose over a stone in 2 weeks and has completely transformed my relationship with food. Everyone go check out her incredible book, and start to live healthy. It’s not even about weight loss it’s about feeling happy in yourself. Love you Amelia & thank you for making me feel so happy inside and out.” - Sam Smith

“Working with Amelia changed my relationship with food, and in turn altered my relationship with myself and my work.” - Boy George

“Take that 5:2, Cabbage Soup, Scarsdale, Atkins and all the other ones that I have tried and failed before. Forgo all others: it is all about Amelia Freer.” - London Evening Standard

“Amelia Freer changed my life. I lost two stone, dropped two dress sizes and no longer shovel in food like a rabid dog. The woman is wise, wonderful and simply a genius. She should be prescribed on the NHS.” - Imogen Edwards-Jones, author of Hotel Babylon

“We love the clean layout, stand-out photography and original recipes like monkfish with a broccoli and ginger mash. Delish.” - Women’s Health

“Healthy just got easier with Amelia Freer’s straightforward advice for boosting your wellbeing and gaining that much-desired ‘new you’ glow.” - Vogue.co.uk

--This text refers to the Hardcover edition.

Replace fad diets for good with 10 easy steps to your rejuvenated future; from nutritional therapist and healthy eating expert Amelia Freer comes the #1 international bestseller that Grammy winner Sam Smith Instagrammed “completely changed my life” • 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. As recommended by her celebrity clients, including Sam Smith, Amelia guides you gently through her 10 steps: how to detox your pantry 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.

I should point out that I don't normally read self-help or dieting books. About the only non-fiction stuff I read is memoirs. As far as nutrition goes, I do love the occasional cook book from time to time but never use or read them cover to cover. Amelia Freer's book is not a cook book or dieting book, but I would call it a bit of a self-help book. And I read it cover to cover in just under a week! That being said, it's not one of those books that is going to beat you up for what you do or do not do. Amelia is a nutritionist and gives you advice based on her own personal experiences with food. It definitely helped open my eyes to my own relationship with food. I've been a crash dieter, starving myself and counting calories. I've been a binge eater, gorging on sugary foods that I knew weren't good for me. I've been an addictive snacker, unable to put the chips or candies down until they were gone. Amelia doesn't beat you up for being any of these types of eaters. She does point out the medical issues you could face, but also offers advice on how to change those unhealthy food habits. First, she tells you to convince yourself you are not on a diet. You can eat anything you want (in moderation). But you should change what you eat, how much, and how often. Now, due to her own health issues, Amelia does not eat any processed foods, sugar, gluten, or dairy. She is a very organic eater and relies on fresh ingredients. Throughout the book, she reminds you that you do not have to give up gluten or dairy if your system is okay with it, and my system is actually okay with dairy and I enjoy it in moderation. She also discusses another battle of mine which is time. Like many, I work all day and come home and don't want to cook. I want something fast and easy. And it usually leaves me feeling sick or bloated and even more tired. And unfortunately, a quick meal like this is usually full of sugar and unhealthy cancer-causing preservatives also responsible for obesity and other problems. But Amelia encourages you to identify your problems, like time, and address them slowly. You don't have to change your entire life all at once. That can be overwhelming. But small changes over time can make a big difference. Amelia has convinced me to try!

Good, not great. Eat whole foods, obviously. The author's aversion to sugar and dairy will be off-putting to readers who live in a world without a personal chef.

good read

Follows the most recent theory of eating cleaner, greener, sugar free food. Very sound advice and a great lifestyle choice to prevent the onset of food related diseases like diabetes before it is too late.

The book seemed somewhat vague and was hoping it would offer more detail about eating. I found other books more informative compared book.

Very interesting concepts-good information - Worked for Sam Smith!

Lots of good nutrition tips. I eat well, but could do better. Amelia is motivating me.

I find it no different than other health books. It's more like a compression of other facts shoved into this book. Nothing new here.

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