



Nutrition For Your New Age: Have Your Cake and Lose Weight Too!

Kimberly Lou

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Nutrition For Your New Age: Have Your Cake and Lose Weight Too! Kimberly Lou

Sadly, most food plans, life plans, relationship plans, self-help plans, etc. tend to be overly complicated. Refreshingly, Kimberly Lou's new book brings back the beauty of simplicity. Her easy to follow strategy is based upon the solid nutrition principles of low glycemic load, portion control, and macronutrient balancing. The plan is both structured enough and flexible enough to be universally successful. With this program you can actually have your cake and eat it too! Kimberly's reward meal concept keeps the program fresh and will actually accelerate your progress by preventing slow downs in your metabolism that can occur with strict dieting. Above and beyond creating a healthier you, Kimberly's words of wisdom will empower you to a healthier relationship with both your state of mind and your food! Robert A. Rakowski, DC, CCN, DACBN, DIBAK

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