



Eat. Nourish. Glow.

Amelia Freer

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Eat. Nourish. Glow. Amelia Freer

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.

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From reader reviews:

David Russell:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your trouble; you can add your knowledge by the e-book entitled Eat. Nourish. Glow.. Try to make the book Eat. Nourish. Glow. as your close friend. It means that it can being your friend when you experience alone and beside that course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you a lot more confidence because you can know every thing by the book. So , let's make new experience along with knowledge with this book.

Joy Hutchinson:

Information is provisions for folks to get better life, information today can get by anyone at everywhere. The information can be a expertise or any news even an issue. What people must be consider if those information which is from the former life are challenging be find than now is taking seriously which one is acceptable to believe or which one often the resource are convinced. If you receive the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All of those possibilities will not happen within you if you take Eat. Nourish. Glow. as your daily resource information.

Sandra Davis:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled Eat. Nourish. Glow. can be good book to read. May be it could be best activity to you.

Albert Shepherd:

Your reading 6th sense will not betray an individual, why because this Eat. Nourish. Glow. book written by well-known writer who really knows well how to make book that could be understand by anyone who also read the book. Written throughout good manner for you, still dripping wet every ideas and writing skill only for eliminate your personal hunger then you still hesitation Eat. Nourish. Glow. as good book not only by the cover but also by the content. This is one book that can break don't judge book by its handle, so do you still needing a different sixth sense to pick that!? Oh come on your looking at sixth sense already alerted you so why you have to listening to yet another sixth sense.

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