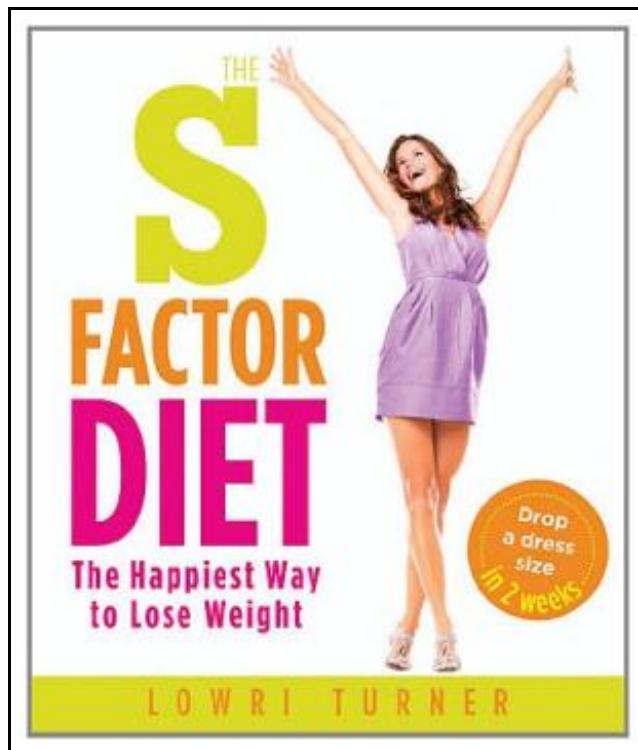


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Watkins Media, United Kingdom, 2013. Paperback. Book Condition: New. 214 x 178 mm. Language: English . Brand New Book. Finally a diet that can promise to put a smile on your face - and not just because you're not forced to live on salads. Lowri Turner's revolutionary weight-loss approach will improve your dieting experience and make it less likely that you will give up and go back to your old eating habits. A side-effect of most diets is to starve the body of happy hormones such as serotonin that actually help you to stay slim. Drawing from the latest scientific research, S Factor Diet explains how a lack of certain hormones can actually increase your appetite, and cause cravings to soar and your body's natural fat burning process to dwindle. Forget measly breakfasts and unsatisfying dinners - this book shows you how to lose weight while still enjoying hearty meals, full of well-balanced and hormone-boosting ingredients. Kick off your day with Blueberry Pancake Stacks, tuck into a Chapatti Wrap with Chicken Tikka Raita for lunch and enjoy Goats Cheese, Rocket Pesto Pizza for dinner. And you don't even have to deny yourself a sweet treat - indulge in a Lemon Cheesecake for a delicious dessert or a chocolate snack before you go to bed. The S Factor Diet provides questionnaires to help you identify which of your hormones may be causing you to gain weight. Once you've worked out where the problem lies, you can follow the 14-day food plan and see the weight start to drop off in just two weeks! With more than 80 recipes to help boost your hormones naturally, this book will show you how to shed that excess weight easily - and keep it off for good.

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