



Eat. Nourish. Glow.

By Amelia Freer

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Eat. Nourish. Glow. By 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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Editorial Review

Review

‘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

From the Back Cover

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.

About the Author

Amelia Freer is a nutritional therapist who specializes in one-on-one consultations complete with meal plans and diet, health, and culinary coaching. She has a diploma from the Institute for Optimum Nutrition and training in Functional Medicine, gluten sensitivities and celiac disease, autoimmune diseases, female hormone health, and thyroid and adrenal health. She has been credited with the recent dramatic weight loss of several British celebrities and currently has an eight-month waiting list for her consultations. Amelia contributes regularly to national and international press, including *Vogue*, *Delicious*, *Harper's Bazaar*, *Style*, and *OK Magazine*.

Users Review

From reader reviews:

Jon McKibben:

The book untitled Eat. Nourish. Glow. is the guide that recommended to you you just read. You can see the quality of the book content that will be shown to you. The language that writer use to explained their ideas are easily to understand. The author was did a lot of study when write the book, to ensure the information that they share for you is absolutely accurate. You also could get the e-book of Eat. Nourish. Glow. from the publisher to make you a lot more enjoy free time.

Tracy Caudle:

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Judith Craig:

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