

Download The French Diet French Secrets To Weight Loss Health And Happiness

This book reveals the French people's proven weight loss tricks as well as their secrets to experiencing a “joie de vivre”, a joy-filled life. Say goodbye to diets that don't work. No more starving yourself in order to drop a few pounds only to gain it right back again. Cholesterol from egg yolks and butter is an important nutrient, not something to avoid. The eggs, cream, cheese and lard that kept our ancestors healthy keep the French healthy. Saturated fats play a vital role in gallbladder health, hormone balance, detox and weight loss (here's why!) 15. The French diet excludes fake foods This book reveals the French people's proven weight loss tricks as well as their secrets to experiencing a “joie de vivre”, a joy-filled life. Say goodbye to diets that don't work. No more starving yourself in order to drop a few pounds only to gain it right back again. Say goodbye to endless hours at the gym. Below are 4 tips I learned from the French, from the eyes of a young American woman struggling to find a healthy relationship with food and her body. 01. Taste everything; fill up on nothing. French people do not, let me repeat, do not stuff themselves with food. Instead, food becomes the center of attention in a different way.