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By Lowri Turner

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 -...



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