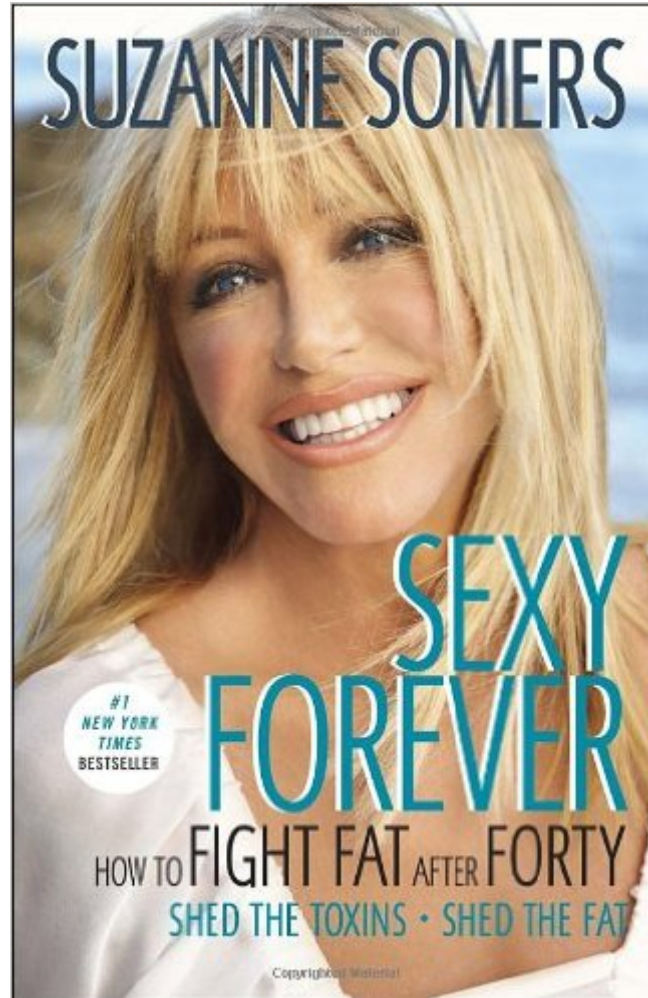


The book was found

Sexy Forever: How To Fight Fat After Forty



Synopsis

What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first or last few pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE. Stay the course and you'll be on the path to regaining the vibrant health you were born to have. *Sexy Forever* is your ticket there. From the Hardcover edition.

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Customer Reviews

It's true, Suzanne Somers saved my life. Let me begin at the beginning....First, I am 68 years old, no spring chicken but no dray horse ready to be put out to pasture or to sleep, either. On March 22, 2010, I weighed 267 pounds. My life was nearly unbearable: I was taking infusions once a month for rheumatoid and osteo-arthritis, I was using inhalers and nebulizers daily for COPD, my sleep was sporadic at best, and I was stuck like a hamster on a wheel between eating and thinking about eating, eating and thinking about my next food "reward." I believe if my life hadn't changed that day (why that day out of all the days of my life? I have no idea) if my life hadn't changed that day, I was destined to die a slow, miserable death, just as I had been living a slow, miserable life. March 22 was the day I gave up, the day the worst part of me, the self-destructive part of me, died. It was on that day I began a life-altering change in thinking, nutrition and exercise that has given me life once again, that has brought me to better health than I enjoyed 20 years ago, and has restored my will, my confidence and my gratitude for the wonderful life we have available to us if we choose to live it. On that day, after talking with Suzanne Somers, I committed to a complete overhaul of the way I lived. I began to take supplements to replace the life-giving and enhancing elements which had been absent from my diet, I stopped eating whatever and whenever I pleased and started eating 5 small meals daily, and I began to walk every day, at least one mile to begin with, as long as it took to complete. I got rid of the starches and carbohydrates that made me fat and sluggish. I shelved potatoes, rice, pasta and bread, all of which I dearly "love."

*****Suzanne Somers has written another book filled with cutting edge ideas about healthy lifestyle, this time about losing weight. The theme of the book is that the best way to lose weight is to get healthy. Her plan--which is for people over 40--but which is actually healthy for anyone covers:(1) Reducing stress (including dealing with unhealthy beliefs, the need for intimacy, and unmet psychological needs),(2) Sleeping enough (7-8 hours),(3) Eliminating food cravings via good nutrition,(4) Addressing any allergies (e.g., gluten, dairy),(5) Caring for the digestive tract,(6) Avoiding toxins,(7) Exercising,(8) Managing hormones naturally, and(9) Avoiding insulin resistance and metabolic syndrome via management of the glycemic load. She shows you what this all means

and HOW to do it as well. In the book, the author includes a diet based on Tuscan and country French cooking (which is most like a whole foods diet), an exercise program, and recommendations for supplements and weight loss products. The author does describe many of the products she sells, but I found this helpful and not overwhelming. She also doesn't limit her recommendations to items she sells--the book includes many varied resources. The diet does emphasize some light food combining; it also includes whole food carbohydrates in all phases (combined properly and at specific times earlier in the day). The diet consists of a thirty day detox, followed by a weight loss phase and then a maintenance phase. The book includes a recipe section and many sample menus. The recipes look delicious, and easy enough for me to do as a non-cook; I like that they include interesting notes along with them from the author that are fun to read.

I've purchased a number of Suzanne Somers' books, the latest being *Sexy Forever*. I liked the idea that shedding belly fat through diet, exercise and hormone balancing might be a more workable plan than just exercise and calorie cutting, especially since new research suggests the true culprits behind that ever increasing girth might be sugar and refined carbs combined with advancing years and hormonal imbalance. And certainly in my own quest for a slimmer midsection, this seems to be true. Ms. Somers, a well-known health diva, offers a program that begins with Phase 1 - a 30-day toxin removal: a tasty eating plan to eliminate accumulated waste, followed by balancing hormones and an eating plan to keep us fit (Phases 2 and 3 - Weight Loss Phase and Lifestyle Phase). She's included many recipes in the three phases as well as serious discussions on the toxic connection, maintaining a clean environment (safe alternatives to regular household cleansers, makeup and beauty aids). In Step 2 she discusses the three types of estrogen in terms of being cancer protective, pre-carcinogenic and pro-carcinogenic plus other hormones such as DHEA, insulin, testosterone, HGH, cortisol and thyroid with guidelines of what they are, what you need and how to check the levels. She states that imbalanced hormones can cause mild to severe bloating and offers real solutions to that and sleep disorders among other things. Food allergies also play a part in bloat and weight gain and there's a self test for these in her book. Gluten intolerance is another culprit. This chapter alone is most informative if you feel you might suffer from an allergy or food intolerance.

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