



Hunger Type Diet

By Lowri Turner

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Hunger Type Diet, Lowri Turner, Follow this revolutionary new diet and lose weight easily and effectively.'Just eat when you're hungry!', that's what most diet books tell you. But what sort of hunger? Hunger comes in many forms, many of which (including hunger driven by boredom, emotions or habit) can be caused by a hormonal imbalance. Based on cutting-edge research and proven results from her own clients, nutritionist Lowri Turner shows you how to identify what is driving your overeating - from cravings, to tiredness, to stress. Then, she shows you how to eat to rebalance your hormones to reduce your appetite, so that you can lose weight quickly - and keep it off. Discover the different hunger types that affect your weight, and understand the role hormones play in each. Complete the quiz to identify which hunger type you are. Do the 48-hour Hunger Rehab to kick-start your weight loss. Follow the individual 14-Day Weight Loss Plan for your hunger type and see the kilos come off. Keep the weight off for good with over 100 delicious recipes that will reset bad eating habits and achieve long-lasting weight-loss.



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