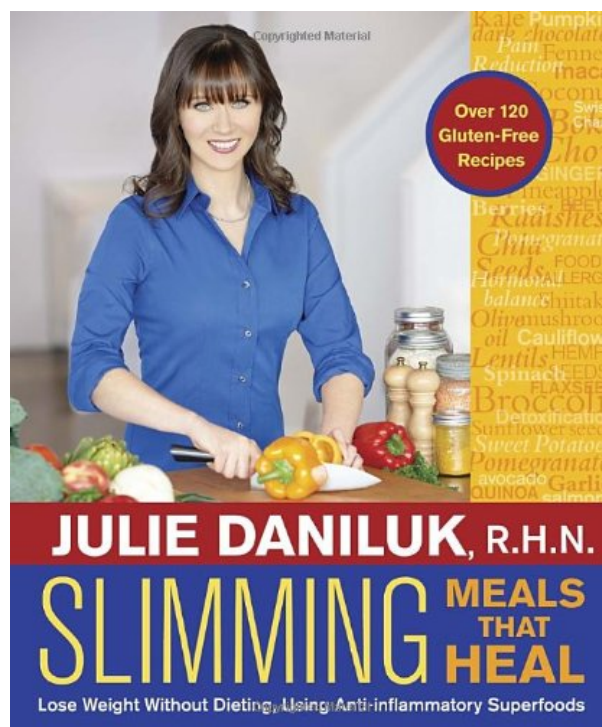
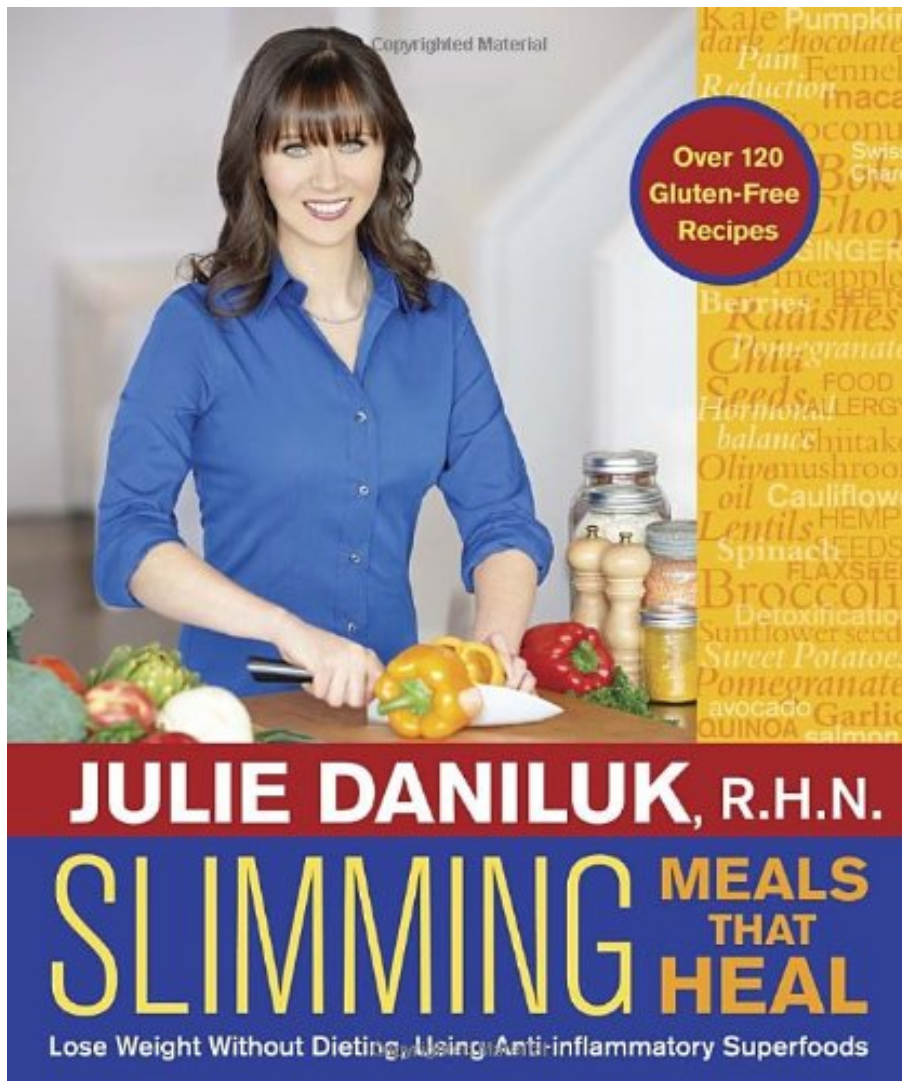


SLIMMING MEALS THAT HEAL: LOSE WEIGHT WITHOUT DIETING, USING ANTI-INFLAMMATORY SUPERFOODS BY JULIE DANILUK



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Review

“The most cutting-edge research points to inflammation as the real culprit in weight gain. Julie Daniluk speaks to the very heart of the issue in this book with sound, compelling information, practical advice and mouthwatering recipes. I can’t recommend this book highly enough to anyone who is serious about solving their weight loss problems forever.”

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About the Author

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With her debut bestselling health book and cookbook, *Meals That Heal Inflammation*, nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease, and showed readers how to cook their way to health. With *Slimming Meals That Heal*, Daniluk highlights the all-important relationship between inflammation, allergies and weight gain--and brings us 125 new healthy and delicious recipes.

All too often, diets fail because they are a self-imposed temporary food prison that people can't wait to escape. *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering *The Live-It*, a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight. Julie's clients who have followed the SMTH anti-inflammatory plan have lost 25, 45 and even 100 pounds.

Slimming Meals That Heal deepens the reader's understanding of how food can hurt or heal. The book includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Julie has devised a 5-step plan on how to boost metabolism and balance hormones that lead to holistic weight balance.

And just as with Julie's first book, *Slimming Meals That Heal* is bursting with easy, tasty, phenomenally healthy slimming recipes for every meal of the day, from Superfood Quinoa Porridge to Ginger Honey Salmon Soup, and from Sea Scallops with Harvest Vegetables to the Best No-Bake Apple Crumble Ever. Once you try the *Live-It*, you'll leave dieting behind forever as you embrace Julie's joyous, healthful approach to eating!

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Most helpful customer reviews

20 of 21 people found the following review helpful.

Can't Wait To Dive In!

By Julie Cerrone

Since October my Sister and I have been following the *Meals that Heal Inflammation* book. I can't even begin to tell you how much Julie's plan has helped both of us. I've lost about 20 pounds, but more importantly my energy levels are so high! I have autoimmune problems and know the only way to manage it is through managing inflammation.

I just ordered my best friend a copy last night and can't wait for her to get it too!

I'm currently in school to become a certified health coach and I can't wait to use Julie's resources as part of my program!

THANK YOU JULIE!!!

~ Julie

[...]

14 of 15 people found the following review helpful.

Delicious Recipes for a Healthy Body

By Julie Huntington

As a Certified Health Fitness Specialist, Personal Trainer and cancer survivor with many food sensitivities, I was delighted to read *Slimming Meals that Heal*. In this age of consuming foods that are genetically modified, it's refreshing to be reminded that we do have choices when it comes to what we put on our plates and that it doesn't have to take a great deal of time to prepare a healthy, healing meal. Julie Daniluk presents holistic nutrition information in a way that is easy to understand and her words encourage us to learn, to select wholesome foods and to use better cooking methods. For those that have gluten and dairy intolerance issues, there are many recipes in this book that are free of these items. My personal favorite is Chicken Stew a la Julie It's delicious! Julie Daniluk's first book, *Meals that Heal Inflammation* is also terrific. Both books provide satisfying recipes and wonderful, simple ideas for adding variety to meals. Julie explains how to incorporate new super foods into our diets. Chia and hemp seeds make daily appearances in my meals. This book is a great resource for anyone looking to eat holistically or improve a deficient diet and manage weight. If you order this book, you won't be disappointed. Thank you, Julie, and Hay House for publishing such a great book!

2 of 2 people found the following review helpful.

Neat idea, but don't buy if allergic to coconut (or you live in a rural area)

By KJ at TU

Disappointed. My husband is allergic to coconut, and a majority of these recipes call for coconut SOMETHING (oil, milk, etc.). Also, I live in central Indiana, and although *I* have lived elsewhere and have eclectic tastes and wouldn't mind trying some of the different ingredients called for in this cookbook, stores around me don't carry the items. I will be reselling (hopefully.)

I love Julie Daniluk and watched her show when it was on Oprah's network for a while. But I need recipes both my husband and I can eat.

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