



# Eat. Nourish. Glow.

*Amelia Freer*

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**Eat. Nourish. Glow.** Amelia Freer

**The #1 international bestseller—now available in an updated American edition.**

Ditch fad diets forever and achieve lasting weight loss and vibrant health with this simple and proven ten-step plan from the nutritional therapist and celebrity consultant who is taking the world by storm.

Plagued by a host of health issues throughout her twenties—including severe fatigue, skin problems, and excess weight—Amelia Freer struggled to make it through her busy day as the personal assistant to the Prince of Wales. When she discovered that what she ate had a major impact on how she felt, she made simple yet radical changes to her diet—no more sugar, dairy, or processed foods—and began feeling better almost immediately. Improving her health inspired her to transform her life: She quit her job, went back to school, and became a nutritionist.

In *Eat. Nourish. Glow.*, Amelia shares the simple changes that have helped her, as well as her famous clients such as Sam Smith and Boy George, achieve dramatic results. In ten easy steps, *Eat. Nourish. Glow.* shows you how to gradually wean yourself off of gluten, sugar, and dairy; quit the snack habit; cut back on caffeine and alcohol; and incorporate nutrient-rich foods into your daily diet. Amelia also offers twenty-five delicious and simple recipes for every meal—including dessert—to ensure that your cravings for delicious foods are more than satisfied.

Written in her gentle, friendly, and humorous voice, this essential guide feels like an in-person consultation with Amelia—readers will feel supported, not scolded. With gorgeous color photos and beautiful design throughout, *Eat. Nourish. Glow.* will inspire you to shift your food habits and get healthy, once and for all.

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