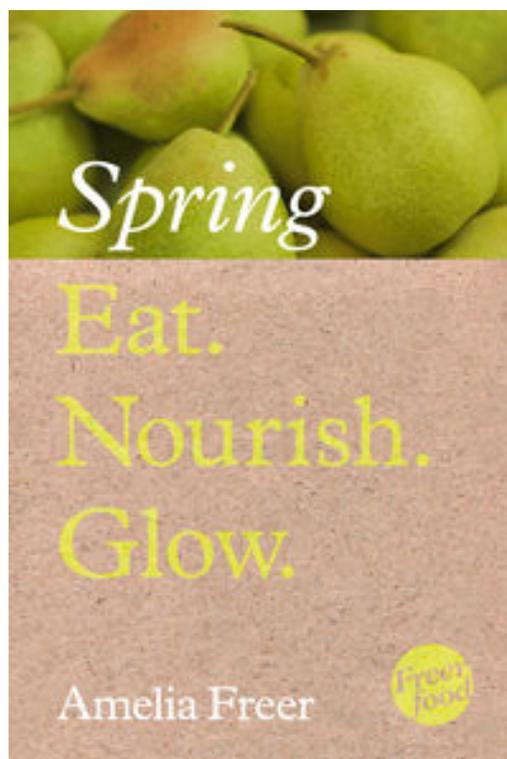


# Download Online Boek Nederlands Eat. Nourish. Glow - Spring - Amelia Freer



**Download online boek Nederlands Eat. Nourish. Glow - Spring Amelia Freer** , The first of four seasonal e-shorts from London-based nutritional therapist Amelia Freer. Forget fad diets, now is the time to make a lasting change and develop a healthy, clean and sustainable relationship with food.

Being healthy is a way of life, but it doesn't have to be about denying yourself. Amelia Freer loves food and encourages a positive and realistic approach to healthy eating. In this book, providing an introduction to her food philosophies for the first time, she offers simple changes to your diet and lifestyle to help you look and feel amazing.

Targeting seasonal problems and using seasonal ingredients, Amelia is on a mission - to wean us all off eating ready-made, additive-crammed foods and help us rediscover the joys of cooking and eating fresh, healthy ingredients.

Whether you need help with weight management, improving energy levels, signs of ageing, stress or mental wellbeing, Amelia believes it can be bettered by the right intake of food.

With six exclusive, tasty and delicious recipes, perfect for the beginning of the year and invaluable, practical advice on nutrition, this title is focused on kickstarting a healthy and sustainable lifestyle.

Amelia Freer's first full-length title offering her complete food philosophy will be published in January 2015.

## About the author

Amelia Freer trained as a nutritional therapist after personal struggles with her own health, where she discovered first-hand how what we eat can transform our lives.

She has been credited with Boy George's recent and astounding weight loss and currently has an eight-month waiting list for her consultations, numerous high profile clients, and is a regular contributor to the national press.

In addition to one-to-one consultations, her services extend to helping clients with all aspects of nutrition, from empowering them to make intelligent choices at the supermarket, clearing and restocking kitchen cupboards, teaching the cooking of simple, healthy meals and providing realistic meal plans.

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