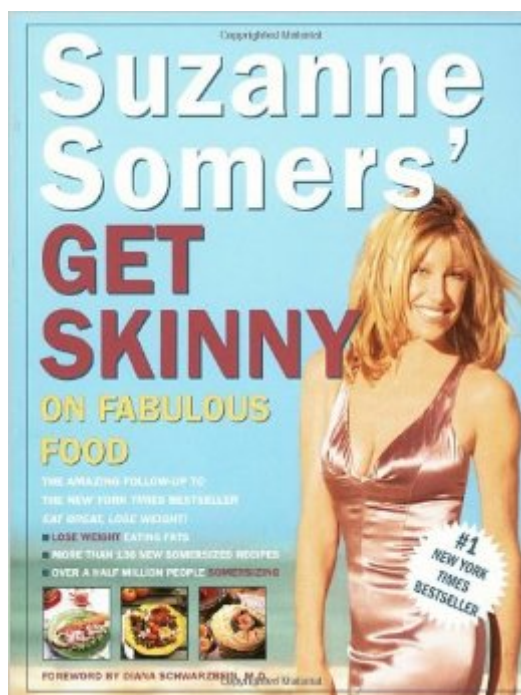


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Suzanne Somers' Get Skinny On Fabulous Food



Synopsis

Somersize your way to weight loss and good health! Find out why Somersizing has swept the nation! In *Get Skinny on Fabulous Food*, the number one New York Times bestseller and sequel to *Eat Great, Lose Weight*, which also went to the top of the Times list, Suzanne Somers will show you how to shed pounds for good and have more energy than ever before -- without dieting. This lifestyle-altering book provides you with:

- * The guilt-free way to lose weight and reprogram your metabolism -- including more than 100 delicious Somersized recipes that leave you both satisfied and indulged
- * Breakthrough research on food and nutrition that changes the way you think about your body
- * Moving personal testimonials guaranteed to motivate and encourage you
- * An easy-to-follow weight-loss plan that teaches you how to combine foods properly so that you'll get, and stay, skinny without feeling deprived

Join the millions of people who have lost weight safely and effectively with *Get Skinny on Fabulous Food* and start celebrating good health and good times with Suzanne's delectable, simple, and balanced Somersized meals.

Book Information

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Customer Reviews

This book had a lot of the same information as Suzanne Somer's other book on Somersizing "Eat Great, Lose Weight", however, this book has some updates to the original book as well as many more wonderful recipes. I originally started the Somersizing program after hearing that it could level out hormones. Having had two diseases that related to an imbalance in hormones, the idea that this program could balance out my hormones was the big draw. I did have some weight to lose, but that

was not the major incentive for starting this program. After 10 weeks on the program, I never felt better in my life. I'm menopausal, but my hot flashes and night sweats have diminished to almost non-existent. I'm eating well and plenty and have so much energy. Oh, and I've lost 19 pounds to date. Some of my friends also started the program when I told them how well I was doing. All have had good results so far. One friend, who is diabetic, is amazed that her blood levels are the same all day. There are no more drastic spikes. Food combining can be a little tough to understand in the beginning, but once you master it, it is not that difficult to maintain. The main problem is the way that we have been conditioned here in the United States to eat over the years (pizza, white pasta with meat sauce, hamburgers, meat and potatoes and chemically altered foods that sit on the shelf for years). I highly recommend this way of eating to anyone who wants to feel healthy and slim down.

I learned about this diet in the proverbial check-out line in the supermarket. Having tried several "high protein-based" diets, I thought this one might be on the right track. I literally drove straight from the supermarket to the bookstore and bought the book. And I have been enjoying weight management while eating fantastically ever since. (And I DO love to cook and eat! Why not!) I was "Somersizing" and maintaining 125-130 lbs. (I'm 5'6") before having two beautiful children in the last two years. After our first baby's birth, I lost 40 lbs. in 4 months, and I've lost 50 lbs. in about 5 months following our second baby's birth, all the while confident and relaxed that it would work and it has. All of her delicious recipes work, they're simple but tasty, and I cannot think of one food I can't eat on the diet, except that you must avoid high-glycemic carbs (potatoes, white flour, a few other foods) and substitute whole grains, etc. You also must avoid sugar especially at first. Later, on Level II she shows you how to modify your desserts to fit the diet and use a little sugar. I've written Suzanne myself to thank her for the first diet that ever really worked for me! And I've tried Atkins, Protein Power, Carbohydrate Addicts, Scarsdale, G-Index, and low-calorie/low-fat (yuk). I urge you to try it if you are the least bit interested. It really works, and has taught me how to stay fit and trim with confidence, and without counting any calories or working out like a madwoman.

Just started somersizing two weeks ago but already have lost 9 pounds. I purchased Suzanne's Eat Great, Lose Weight and was so impressed with it I was tempted to rush right out and buy the second book Get Skinny on Fabulous Food. However, I decided to give the food combining a try first. Well, not only do I love it but it truly works. This method defies traditional thinking and seems miraculous. The thing I dislike most about other "diets" is the work involved. Counting grams, calories, points, always having to keep track of something! But this is bliss, so easy to follow. I only

developed a weight problem while going through an early menopause but have not been successful in losing and keeping the added pounds off. I'm 49 and am now 30 pounds over my desired weight. I'm hopeful this is the key. The recipes are healthy and delicious and I LOVE the fact I do not have to restrict oils and butter, especially in salad dressings and sauces. The Blue Cheese Vinaigrette is to die for. So a huge thank you to Suzanne for sharing her research and knowledge with the rest of us.

This was my first diet. It's my last one. It's not a diet, but a lifestyle. The concept of food combining has helped me get back to a healthy weight. I started at the beginning of July. It's been eight weeks and I have lost 23 pounds. It's still falling off. The principle is this: starch, sugar & caffeine give you false energy. If you eliminate them, your body finds alternate sources of energy: your fat! The energy source, being consistent (at least in my body) provides continual power to your body, so you don't EVER feel tired. In fact, I'm never "wiped-out" anymore, and I'm rarely tired enough to sleep. And I rarely exercise, though I stand and walk all day in my teaching job. I lost weight quickest on this diet when I walked twice a week. The second principle has to do with food-combining. No proteins with carbohydrates. See the book for details, but I'll just say this. I feel like this diet is a "healthy" diet. My sister in law was on the Atkins diet, lost so much weight. But I never wanted to go on that diet, since it seemed *WRONG* to not have grains in your diet and to pork-out on meat. Suzanne's diet also allows fruit, where the others say you cannot have fruit. The book is written so personally that when you've finished reading it, you feel like you KNOW Suzanne personally. At least I do. It's chock-full of photographs of her family, her grandbaby, her daughter, etc. Someone reviewing above said it's good for the short-term. I disagree. When you reach a plateau, trick your body by eating just fruits and veggies for a week. You'll begin to lose weight again, then go back to somercising. You'll enjoy reading the book. And I'm sure you'll lose weight.

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