

Can't lose weight?

Why have we cut calories, nearly eliminated fat, exercised strenuously, and yet not lost weight or kept it off? It's because we were not working *with* our bodies. We were missing and ignoring the most important puzzle pieces of our bodies' decisions about whether to store or burn fat. Those puzzle pieces are hormones such as insulin, cortisol, leptin, and others. Individuals with food allergies or gluten intolerance face additional weight-loss challenges such as inflammation due to allergies or a diet too high in rice.

In this book you will discover

- Why much of what we hear about dieting and exercise is incorrect and can cause loss of muscle mass instead of fat or even result in weight gain
- How to put your body chemistry and hormones to work for you rather than against you in the weight-loss quest
- How to flip your fat switch from “store” to “burn”
- How to reduce the inflammation which inhibits the action of your master weight control hormone, leptin
- A flexible, balanced eating plan that controls body chemistry, eliminates hunger, promotes the burning of fat, and reduces inflammation
- How to customize that healthy eating plan so it fits YOU, your allergies or intolerances, and your need for pleasure in what you eat

Overweight is due to a chemical imbalance in our bodies. Once we begin to correct that imbalance, we can lose weight without hunger or deprivation and can maintain a healthy weight easily by regaining normal self-regulating hormonal control of our weight.

It is so good to finally have a book on healthy gluten-free weight loss and eating! Many gluten-free recipes contain sugar, are low in fiber, and are basically unhealthy, but these recipes are great! The explanations about weight gain are right on – just as I explain it. I highly recommend this book to those who need to lose weight or just need to improve their diets.

- Kathy Gibbons, PhD, Nutritionist and founder of Healthy Actions, Centennial, Colorado

Nicolette M. Dumke has been cooking for special diets for over 30 years. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy and Celiac Diets With Ease*, *Gluten-Free Without Rice*, *Allergy Cooking With Ease*, and *Easy Breading for Special Diets*.

This book is a great educational read for me and any of the patients I see.

- Patricia Grabill, Allergy Technician and Coordinator for Environmental Medicine Practice in Pennsylvania

ISBN 978-1-887624-19-0



9 781887 624190