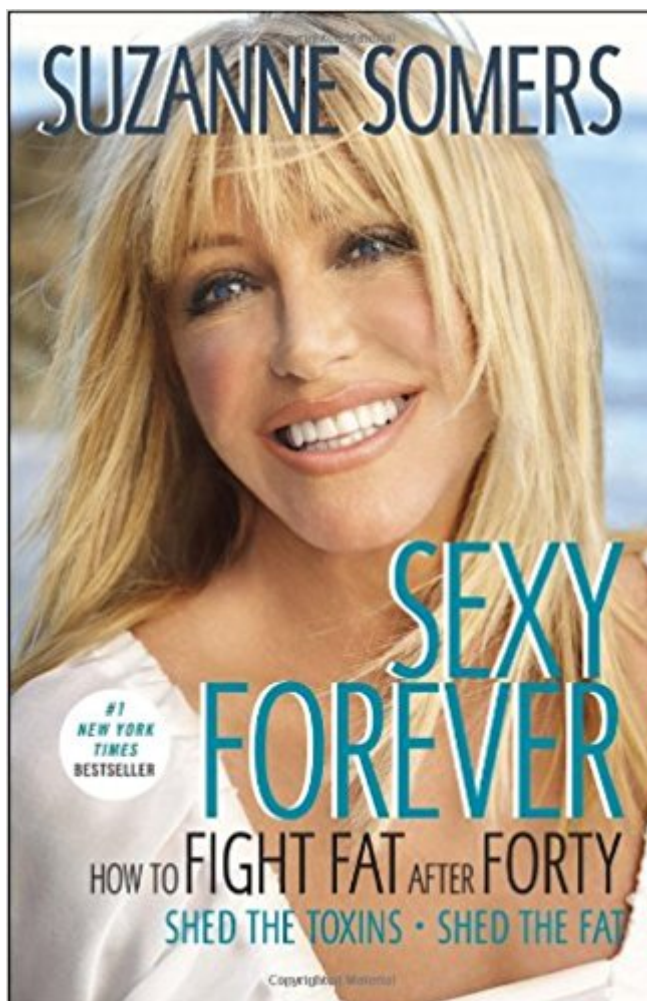


The book was found

Sexy Forever: How To Fight Fat After Forty



Synopsis

What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first or last few pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden secret to your personal food demons food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE. Stay the course and you'll be on the path to regaining the vibrant health you were born to have. *Sexy Forever* is your ticket there. From the Hardcover edition.

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Customer Reviews

SUZANNE SOMERS is the author of twenty-two books, including the #1 New York Times bestsellers *Sexy Forever*, *Knockout* and *Ageless*, and the Times bestsellers *Breakthrough*; *Keeping Secrets*, *Eat Great, Lose Weight*; *Get Skinny on Fabulous Food*; *Eat, Cheat and Melt the Fat Away*; *Suzanne Somers' Fast and Easy*; and *The Sexy Years*. Somers can be seen in her weekly talk show, *The SUZANNE Show*, on the Lifetime Network and in *Suzanne Somers Breaking Through*, her YouTube internet talk show hosted by CafeMom. Visit www.suzannesomers.com for more information on her shows, products, and her phenomenally successful weight loss plan, *Sexy Forever*. From the Hardcover edition.

It's true, Suzanne Somers saved my life. Let me begin at the beginning....First, I am 68 years old, no spring chicken but no dray horse ready to be put out to pasture or to sleep, either. On March 22, 2010, I weighed 267 pounds. My life was nearly unbearable: I was taking infusions once a month for rheumatoid and osteo-arthritis, I was using inhalers and nebulizers daily for COPD, my sleep was sporadic at best, and I was stuck like a hamster on a wheel between eating and thinking about eating, eating and thinking about my next food "reward." I believe if my life hadn't changed that day (why that day out of all the days of my life? I have no idea) if my life hadn't changed that day, I was destined to die a slow, miserable death, just as I had been living a slow, miserable life. March 22 was the day I gave up, the day the worst part of me, the self-destructive part of me, died. It was on that day I began a life-altering change in thinking, nutrition and exercise that has given me life once again, that has brought me to better health than I enjoyed 20 years ago, and has restored my will, my confidence and my gratitude for the wonderful life we have available to us if we choose to live it. On that day, after talking with Suzanne Somers, I committed to a complete overhaul of the way I lived. I began to take supplements to replace the life-giving and enhancing elements which had been absent from my diet, I stopped eating whatever and whenever I pleased and started eating 5

small meals daily, and I began to walk every day, at least one mile to begin with, as long as it took to complete. I got rid of the starches and carbohydrates that made me fat and sluggish. I shelved potatoes, rice, pasta and bread, all of which I dearly "love." I no longer eat sweets, including the ice cream that I consumed by the half gallon, if I bought it I ate it, and the candy and cookies I craved. And I haven't been deprived. I eat meat, vegetables, salads, berries, and more foods than I can name, and I don't spend afternoons and evenings partially asleep as my body struggles to digest the burden placed upon it as by those former meals eaten in a former time. From a mile per day with three to four stops for pain and shortness of breath, I have increased my exercise to more than three miles per day, recently completing a 10 kilometer walk, 6.2 miles, at an average speed of four miles per hour, without stopping once. I am no longer receiving infusions, nor do I require a nebulizer or inhalers. My doctors are thrilled; they ask me what my secret is. I tell them: Suzanne Somers. In short, I have reborn as the result of my efforts in implementing the suggestions so graciously and generously offered to me by Suzanne, the same general plan presented in *Sexy Forever*. What is that change worth to me? Beyond measurement in dollars and cents. I hit the lottery. And, if you're willing to make a commitment to your life and better health, you can, too. Oh, by the way, on my birthday in November, I weighed 186 pounds. Down 81 pounds in 8 months. And I maintain that weight today. My commitment is firm. If you're trying to decide whether to buy this book, buy it. It just might save your life.

Opened up a whole new world to me. Thought Suzanne Somers was just an actress - no way - she interviews cutting edge Dr's and the book is the interviews. My life has done a turn around because of Suzanne Somers. I applaud her efforts and what she has done to help us live healthier, longer lives

SS has a way of always sharing things... & she's a woman of great integrity which makes this book even better as it digs into the real life changes we need to make to get what we want out of life for ourselves... I've read all her books so don't think this one is redundant as others have said, its FULL of info. you will need and great references in the back of the book... She's also overcome all obstacles be it price point, location to get what you need, options, contacts, so she's done all the legwork for you... Enjoy ..

I used her plan of eating and lost a whopping 76 pounds! This came from her book entitled "Eat Great, Lose Weight!" This book was not as good as that one was.

If you're only going to read one of Suzanne Somer's books, this would be the one for me. It has all the wisdom, and many of the best recipes. She is a great chef and an excellent teacher; you will learn a lot, and eat VERY well while you lose the weight you want to lose. You won't be hungry, and the weight really WILL just melt away if you follow the protocol, which is neither punishing, difficult or deprivational. In fact, you will eat very well, and happily, while you get skinnier and happier.

The diet is much easier to make it a life-style than her previous diet. Definitely I can do this diet with its modifications.

I've been reading Suzanne Somers views on nutrition for many years, and it seems that general opinion is just catching up with her. She has always purported that fat doesn't make you fat, sugar makes you fat. Many nutrition experts are only now discovering and talking about the harmful effects that excessive sugar has on the human body. Suzanne has been talking about it for years.

Somers has done her research with this one. I was very impressed with her knowledge on nutrition, and I learned a lot about how to look for meats, vegetables, and fruits that have not been genetically modified, sprayed with pesticides, etc. I've known for a long time the FDA really doesn't make decisions based on human consumption and fear of harming us, but they're decisions are more political. I now look for beef and poultry items that are marked grass-fed, free-range, etc., and stay clear of anything marked with GM or GE (genetically modified or engineered). I learned I was gluten-intolerant, and have all but stopped all foods with preservatives. On the same note, Somers info on hair products and body lotions was an eye opener for me. Lots of good and relevant info in this one.

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