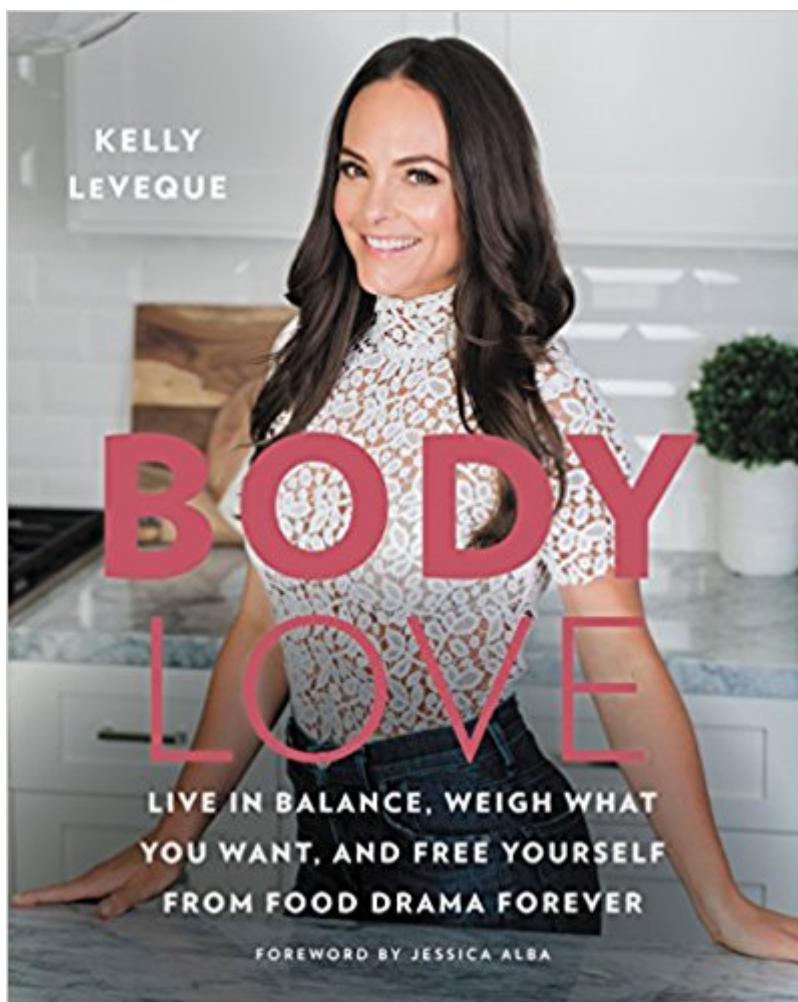


The book was found

Body Love: Live In Balance, Weigh What You Want, And Free Yourself From Food Drama Forever



Synopsis

Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, *Body Love* is your one-stop resource to living clean and happy!

Book Information

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Customer Reviews

“LeVeque is the health consultant who is changing the way the Hollywood elite think about food and she is about to change the way you think about it, too. [Body Love] is filled with science-backed advice, fascinating information and tons of recipes to keep you feeling empowered and motivated.” (InStyle.com)

Kelly LeVeque is a certified holistic nutritionist, wellness expert, and celebrity health coach based in Los Angeles, California. Before starting her consulting business, Be Well By Kelly, she worked in the medical field for Fortune 500 companies like J&J, Stryker, and Hologic, eventually moving into personalized medicine, offering tumor gene mapping and molecular subtyping to oncologists. She is a frequent contributor to dozens of active diet and fitness, fashion, and lifestyle sites. She received her bachelor's degree from the University of Southern California and completed her postgraduate studies in clinical nutrition at UCLA and UC Berkeley. She will soon take her boards to become a certified clinical nutritionist. She lives in Los Angeles with her husband.

Only on page 29 and I have already texted all of my girlfriends telling them it is life changing and to buy it. When the science is explained like Kelly does (I have been on every fad diet and read their "science") it makes so much sense. I have ulcerative colitis and IBD arthritis so inflammation is a constant for me. Really looking forward to the improvements this will make in my life.

So I will update this review, but I have to say I am so thrilled I found this book. Due to a lot of stressful and traumatic life events my weight has been up and down the past 2 years due to stress eating tons of sugar. I found the Whole30 (which I still think is great) which has helped to reset me in the past. However, I haven't been able to successfully recommit to a whole30 despite numerous efforts due to how restrictive it is. So I tried weight watchers which hasn't helped because I'm just too hungry and stressing over every point I'm using. I'd then feel deprived and overeat. Finally this is

something that meets halfway. It provides guidelines for how to eat. She discusses smoothies a lot, but this isn't your only option. The smoothie is simply a shortcut and since I don't have quick healthy food options in my neighborhood, this is a great alternative. She promises that you won't feel hungry. Today is my first day drinking a Fab Four smoothie for breakfast. I drank it around 6:30 this morning and 3 hours later I'm genuinely not hungry. Normally I'd start to feel hungry not long after breakfast and need a snack. I'm hoping to make it until noon for lunch. Kelly says meals should keep you satisfied for 4-6 hours. I will update this as the week progresses and see how my weight changes. So excited! Unfortunately after two weeks of drinking these smoothies every day, I'm not really losing any weight. I was super excited for that to happen but it's not. So I guess I will have to find something else. ☺

It was a gift for someone, so I am not sure, but I think she liked it. I have not had any complaints.

I followed her light structure plan and started drinking the shakes every morning, and within 2 weeks I had lost 9 pounds. SO easy and effective. Her "Fab Four" plan is magic.

Like it

I'm very happy that I purchased this book. The smoothie recipes are delicious and provide numerous choices. Feeling much healthier.

A tad repetitive, but great info nonetheless. Recommending it to all of my friends!

Solid, approachable, and effective advice. Thanks!

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