



Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods

By Julie Daniluk R.H.N. R.H.N.

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Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods By Julie Daniluk R.H.N. R.H.N.

With her debut bestselling health book and cookbook, *Meals That Heal Inflammation*, nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease. With *Slimming Meals That Heal*, Julie highlights the all-important relationship between inflammation, allergies, and weight gain—and offers up over 120 new recipes.

All too often, diets fail because they are a self-imposed temporary food prison that people can't wait to escape. *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering the Live-It, a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight. Julie's clients who have followed the SMTH anti-inflammatory plan have lost 25, 45, and even 100 pounds.

Slimming Meals That Heal deepens the reader's understanding of how food can hurt or heal. The book includes information on cleansing the organs, the specific power of superfoods, and techniques that directly reduce cravings. Julie has devised a 5-step plan on how to boost metabolism and balance hormones, leading to holistic weight balance.

And just as with Julie's first book, *Slimming Meals That Heal* is bursting with easy, tasty, phenomenally healthy, slimming recipes for every meal of the day, from Superfood Quinoa Porridge to Ginger Honey Salmon Soup, and from World's Healthiest Gluten-Free Lasagna to the Best No-Bake Apple Crumble Ever. Once you try the Live-It, you'll leave dieting behind forever as you embrace Julie's exuberant, healthful approach to eating!

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Editorial Review

Review

If you want hassle-free meals that can ease your body from aches and pains look no further than brilliant book *Meals That Heal Inflammation* Natural Health Magazine What you will learn in this book is what all doctors and patients need to know about inflammation. Natural Health Magazine Making a healthy shift in diet can be tough. Julie provides the tools you need to make the change and have healing foods taste great. -- Dr John Gray New York Times bestselling author of *Men Are from Mars, Women Are from Venus* This book is indispensable for anyone wanting to get to the root of illness. Extremely well written and documented, Julie's book makes it easy to learn how to reverse inflammation naturally. -- Zoltan P. Zona, MD, MSc author of *Vitamin D, The Sunshine Vitamin*

About the Author

Julie Daniluk, R.H.N., hosts *The Healthy Gourmet* on the Oprah Winfrey Network (OWN) in Canada, a reality cooking show that looks at the ongoing battle between taste and nutrition. Her first best-selling book, *Meals That Heal Inflammation*, advises on allergy-free foods that both taste great and assist the body in the healing process. Julie has appeared on *The Dr. Oz Show*, and is a resident expert for *The Marilyn Denis Show* and *Reader's Digest*. Check out more amazing recipes, nutrition tips, and her Anti-Inflammatory Quick Start Program at www.juliedaniluk.com and follow her on Facebook.com/JulieDanilukNutrition and Twitter @juliedaniluk.

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