

10 day juice diet

10 day juice diet plans have gained popularity as a method for detoxification, weight loss, and boosting overall health. This regimen involves consuming only freshly prepared juices from fruits and vegetables for a period of ten days. The 10 day juice diet aims to provide essential nutrients while giving the digestive system a break from solid foods. It is often used as a reset for healthier eating habits and increased energy levels. Many advocates claim that this juice cleanse helps eliminate toxins, improve skin complexion, and support mental clarity. However, it requires careful planning to ensure adequate nutrient intake and to avoid potential side effects. This article explores the benefits, preparation, daily structure, and precautions related to the 10 day juice diet, offering a comprehensive overview for those considering this approach.

- What Is a 10 Day Juice Diet?
- Benefits of the 10 Day Juice Diet
- How to Prepare for the 10 Day Juice Diet
- Sample Daily Juice Plan
- Potential Risks and Precautions
- Tips for Success on the 10 Day Juice Diet

What Is a 10 Day Juice Diet?

The 10 day juice diet is a short-term eating plan that involves consuming only juices extracted from fresh fruits and vegetables for ten consecutive days. This diet eliminates solid foods and focuses on liquid nutrition to support detoxification and weight management. The juices are typically cold-pressed or freshly blended to preserve maximum nutrients, enzymes, and antioxidants. The diet may include juices made from leafy greens, root vegetables, citrus fruits, and other nutrient-dense ingredients. It is designed to flood the body with vitamins and minerals while reducing calorie intake significantly compared to regular meals.

Purpose and Principles

The primary goal of the 10 day juice diet is to cleanse the digestive system and promote overall health by temporarily removing processed foods, sugar, caffeine, and unhealthy fats. It operates on the principle that consuming raw juices can boost cellular repair, support liver function, and enhance hydration. The diet encourages increased consumption of phytonutrients and antioxidants that aid in fighting inflammation and oxidative stress. By focusing on nutrient-rich liquids, the 10 day juice diet also intends to reset eating patterns and improve digestion once regular foods are reintroduced.

Types of Juices Included

Typical juices used during the 10 day juice diet include green juices made from kale, spinach, cucumber, celery, and parsley, as well as fruit-based juices such as apple, orange, and pineapple blends. Root vegetable juices containing carrots, beets, and ginger are also common for their detoxifying properties. Many plans suggest combining vegetables and fruits to balance flavor and nutrient content. It is important to avoid juices with added sugars or artificial ingredients to maintain the diet's cleansing benefits.

Benefits of the 10 Day Juice Diet

Adopting a 10 day juice diet can offer several health advantages, especially when implemented correctly and under appropriate conditions. These benefits have contributed to the diet's popularity among individuals seeking a natural reset for their body and mind.

Detoxification and Improved Digestion

The diet supports the body's natural detoxification processes by providing antioxidants and phytonutrients that help eliminate toxins. Since juices are easier to digest than solid foods, the digestive system experiences less strain, potentially leading to improved bowel movements and reduced bloating. The high water content also aids in flushing out waste products from the body.

Weight Loss and Metabolism Boost

Due to the calorie restriction inherent in the 10 day juice diet, many individuals experience weight loss. The diet's focus on nutrient-dense liquids can help regulate metabolism and reduce cravings for unhealthy snacks. However, the weight loss is often temporary unless followed by sustainable dietary changes post-diet.

Increased Energy and Mental Clarity

Consuming fresh juices rich in vitamins and minerals can enhance energy levels and mental focus. Many participants report feeling more alert and less fatigued during and after the juice cleanse. The reduction of processed foods and stimulants like caffeine may also contribute to stabilized energy throughout the day.

How to Prepare for the 10 Day Juice Diet

Preparation is crucial for the success and safety of the 10 day juice diet. Proper planning helps minimize withdrawal symptoms and ensures nutritional adequacy during the cleanse.

Gradual Transition

To reduce potential side effects such as headaches or irritability, it is recommended to gradually eliminate caffeine, processed foods, sugar, and alcohol a few days before starting the juice diet. Introducing more fruits and vegetables in the diet beforehand can also prepare the digestive system.

Equipment and Ingredients

Investing in a quality juicer or blender is essential. Fresh, organic produce should be prioritized to maximize nutrient intake and avoid pesticides. Stocking a variety of fruits and vegetables allows for diverse juice recipes that supply a broad spectrum of nutrients.

Setting Realistic Goals

Understanding the limitations and expectations of a 10 day juice diet is important. It should not be viewed as a long-term diet but rather as a short detox or reset. Consulting with a healthcare provider, especially for individuals with pre-existing health conditions, is advisable before beginning the regimen.

Sample Daily Juice Plan

A structured daily plan helps maintain consistency and balance throughout the 10 day juice diet. Below is an example of how to organize juice consumption during the day.

1. **Morning Juice:** Green juice with kale, cucumber, celery, lemon, and green apple for hydration and antioxidants.
2. **Mid-Morning Snack:** Carrot and ginger juice to support digestion and provide a vitamin A boost.
3. **Lunch Juice:** Beetroot, carrot, and orange juice for detoxification and immune support.
4. **Afternoon Juice:** Pineapple, mint, and cucumber juice for refreshment and anti-inflammatory benefits.
5. **Dinner Juice:** Spinach, parsley, green apple, and lemon juice to end the day with nutrient-rich greens.
6. **Optional Evening Juice:** Warm turmeric and ginger juice to aid relaxation and reduce inflammation.

Drinking at least 64 ounces of fluids daily, including water alongside juices, is recommended to stay hydrated and support detoxification.

Potential Risks and Precautions

While the 10 day juice diet offers benefits, it also presents some risks that must be considered to ensure safety.

Nutritional Deficiencies

Eliminating solid foods can result in inadequate intake of protein, fiber, and healthy fats. This may lead to muscle loss, fatigue, and digestive issues if the diet is extended beyond ten days without proper supplementation.

Blood Sugar Fluctuations

Fruit-heavy juices can cause rapid spikes and drops in blood sugar levels, particularly in individuals with diabetes or insulin sensitivity. Balancing juices with vegetables and limiting high-sugar fruits is important to mitigate this risk.

Possible Side Effects

Common side effects include headaches, dizziness, irritability, and nausea during the initial days as the body adjusts. These symptoms typically subside but should be monitored closely. Discontinuing the diet and seeking medical advice is necessary if severe reactions occur.

Tips for Success on the 10 Day Juice Diet

Implementing the following strategies can enhance the effectiveness and safety of the 10 day juice diet.

- **Stay Hydrated:** Drink plenty of water alongside juices to support kidney function and detoxification.
- **Get Adequate Rest:** Allow the body to recover by prioritizing sleep and avoiding strenuous activities.
- **Listen to Your Body:** Pay attention to hunger cues and energy levels; modify the plan if necessary.
- **Incorporate Variety:** Use diverse fruits and vegetables to ensure a range of nutrients and prevent monotony.
- **Plan Post-Diet Meals:** Reintroduce solid foods gradually with a focus on whole, unprocessed options to maintain benefits.

Frequently Asked Questions

What is a 10 day juice diet?

A 10 day juice diet is a short-term dietary plan where an individual consumes only fruit and vegetable juices for 10 consecutive days to detoxify the body and promote weight loss.

What are the potential benefits of a 10 day juice diet?

Potential benefits include increased intake of vitamins and minerals, improved digestion, detoxification, temporary weight loss, and enhanced energy levels.

Are there any risks associated with a 10 day juice diet?

Yes, risks may include nutrient deficiencies, loss of muscle mass, low energy, blood sugar imbalances, and potential negative effects on metabolism if not properly managed.

Can a 10 day juice diet help with weight loss?

Yes, a 10 day juice diet can lead to short-term weight loss primarily due to calorie restriction, but long-term sustainable weight loss requires balanced nutrition and lifestyle changes.

Who should avoid attempting a 10 day juice diet?

Pregnant or breastfeeding women, children, individuals with diabetes, eating disorders, or certain medical conditions should avoid a 10 day juice diet unless supervised by a healthcare professional.

How can I prepare for a 10 day juice diet?

Preparation includes gradually reducing solid food intake, stocking up on fresh fruits and vegetables, consulting a healthcare provider, and planning rest days to support energy needs during the diet.

Additional Resources

1. *The 10-Day Juice Cleanse: Reset Your Body and Mind*

This book offers a comprehensive guide to embarking on a 10-day juice cleanse designed to detoxify your body and boost your energy levels. It includes detailed recipes for nutrient-packed juices, tips for preparing your kitchen, and advice on how to transition back to solid foods. Perfect for beginners, it emphasizes the benefits of juicing for mental clarity and overall wellness.

2. *Juicing for Beginners: 10 Days to a Healthier You*

Ideal for those new to juicing, this book breaks down the essentials of a 10-day juice diet with easy-to-follow instructions. It features a variety of juice recipes that incorporate fruits and vegetables to maximize nutrient intake. Additionally, it provides guidance on how to stay motivated and handle common challenges during the cleanse.

3. *10-Day Juice Detox: A Step-by-Step Guide to Cleansing and Weight Loss*

This guide focuses on using a 10-day juice detox to jumpstart weight loss and improve digestion. Readers will find a structured plan that includes shopping lists, daily juice schedules, and supportive lifestyle tips. The book also discusses the science behind detoxification and how juicing can help eliminate toxins.

4. *Revitalize: The Ultimate 10-Day Juice Diet Plan*

Revitalize presents a holistic approach to health through a 10-day juicing regimen that aims to rejuvenate the body from the inside out. With vibrant juice recipes and advice on mindful eating, this book encourages readers to develop lasting healthy habits. It also addresses how to customize the diet based on individual health needs.

5. *Juice Your Way to Wellness: 10 Days of Healing and Cleansing*

This book emphasizes the healing properties of fresh juices over a 10-day period, focusing on boosting immunity and reducing inflammation. It includes recipes rich in antioxidants and vitamins, as well as tips for maintaining a balanced lifestyle during the cleanse. The author shares inspiring success stories to motivate readers.

6. *The Complete 10-Day Juice Cleanse Cookbook*

A practical resource filled with over 50 juice recipes tailored for a 10-day cleanse, this cookbook caters to all taste preferences and dietary restrictions. It offers detailed nutritional information and suggestions for juice combinations to target specific health goals. The book also provides meal timing strategies to optimize the cleanse.

7. *Detox & Energize: 10 Days of Juicing for Optimal Health*

Focusing on detoxification and energy enhancement, this book outlines a 10-day juice diet that supports liver function and cellular repair. It includes a daily plan with recipes, preparation tips, and advice on integrating juicing into a busy lifestyle. Readers learn how to monitor their progress and adjust the cleanse as needed.

8. *Fresh Start: A Beginner's Guide to the 10-Day Juice Diet*

Designed for first-timers, Fresh Start breaks down the 10-day juice diet into manageable steps with clear explanations of the benefits and potential challenges. The book provides simple, delicious juice recipes and helpful shopping guides to make the process smooth. It also covers post-cleanse strategies to maintain improved health.

9. *10 Days to Vitality: The Essential Juice Cleanse Plan*

This essential guide focuses on restoring vitality through a carefully curated 10-day juice cleanse, blending traditional wisdom with modern nutrition science. It offers a structured daily routine, including hydration tips and gentle exercise recommendations to complement the cleanse. Readers are encouraged to embrace the journey for long-term well-being.

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10 day juice diet: Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Speedy Publishing, 2019-11-22 The detox diet has many benefits. Some of these benefits include boosted energy, elimination of waste from the body, weight loss, strengthened immune system, healthier skin, better well-being, improved breath, and better thinking skills. The common denominator of all of these benefits is the improvement it gives our bodies. After all, our body is a gift and we should take care of it.

10 day juice diet: The Great Detox Miracle Cleanse for Men and Women Jessica Caplain, 2018-03-16 HOW NEW DISCOVERIES IN SELF DETOXIFICATIONS WILL MAKE YOU HEALTHIER AND BEAUTIFUL, INSIDE AND OUT! Detoxification, or detox, has been a popular go-to remedy for getting rid of toxins from the body. You will be surprised to find out that there are certain toxins that stay in your system for a long time, and these can make you age easily and get you sick more often. These are harmful substances that people are constantly exposed to, and directly (or indirectly) affected by. The many harmful toxins around you can affect your health, and possibly reduce your spark and vitality. Through detoxification, your body can remove the accumulated harmful substances that negatively affect your overall health. In this guide, you will explore the general concept of detoxification and the many different processes involved. You will also learn about: The major types of detoxification; The definition of toxins; How and where you can get exposed to toxins; How toxins affect your life; The body's natural detox process; The major detox players in your body; The many different ways to detox; The do's and don'ts in detox; The health benefits of detoxing; The potential pitfalls; How to tell if your detox is working and much, much more... All of these topics will be discussed thoroughly. Everything that you need to know about detoxification and toxins is right here in this guide. Do yourself a favorr and GET YOUR COPY TODAY!

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10 day juice diet: Juicing Diet Lana Scholl, 2013-03-06 Juicing Diet Juicing Recipes and Juicing Nutrition You Need to Do It Right Fruit and vegetable juices are a healthy addition to anyone's diet, but they can also be used on their own. Juicing diet plans are a popular way to remove toxins from the body, drop a few pounds and restart your digestive processes, but not every juice diet works

well. This e-book lets you use a juicing diet plan to improve your health and feel satisfied while making sure your body gets the nutrition it needs. The Juicing Diet offers simple but delicious recipes that you can use as an addition to your normal eating plan or as part of an effective juice detox diet. It also provides a sample juice diet plan to help show you how to use these recipes to provide balanced nutrients and plenty of variety. After all, no one wants to be stuck on nothing but a grapefruit juice diet! Extremely limited juice fasts can even be dangerous, since they don't provide the full range of nutrients your body needs to function correctly. When put together correctly, a fruit juice diet or vegetable juice diet is the perfect short term solution for feeling bloated, tired and run-down. You'll see and feel the differences in just a few days. If you'd like to feel more energetic, lighter and healthier, the juice diets in this book are the perfect option. Just try some of the fruit or green juice diet beverages and smoothies that The Juicing Diet has to offer. Fruits and vegetables offer natural immune-boosting power and a range of health benefits that most people never experience. If you're ready to take your health practices to the next level, it's time to turn those natural goodies into great tasting juices, safely and easily. You can drink all you want; no matter which juices you prefer, you'll feel great and bring out your body's real potential.

10 day juice diet: *Healing People* Marijke van de Water, 2012-10-26 Are you suffering from chronic or challenging health problems? Does it seem like you'll never feel well again? Would you like to know which body organs and systems need help? Would you like to know what foods are causing your symptoms? Would you like to know which diet works for you and why? Are you plagued with multiple food allergies and/or intolerances? Would you like to be able to identify your nutrient deficiencies? Are you confused as to which remedies and supplements will actually help? Can you identify which emotions are affecting your health? Would you like to be well and stay well? This book is for you. Marijke van de Water, B.Sc. (Clinical Nutrition), DHMS (Homeopathy), Medical Intuitive and Healer has written an easy-to-follow 4 step method to take the guesswork out of your health problems and replace it with understanding, awareness and unique strategies for healing the body. Based on a solid foundation of nutritional science, quantum physics, natural medicine and wisdom this information packed book is practical and highly effective. It is written to help you easily recognize the real underlying cause of all health problems - for yourself, your family and your friends. Use it as an insightful guide to clear up the confusion and start the journey to good health!

10 day juice diet: *The Complete Idiot's Guide to Juice Fasting* Bo Rinaldi, Steven Prussack, 2012-11-06 Juice fasting can be a powerful, transformative undertaking that does absolute wonders for the body. From detoxifying and cleansing, to weight loss, to increased energy and a reinvigorated digestive system, a juice fast can transform the body in a matter of weeks, or even days. However, maintaining a fast can also be a difficult undertaking without proper instruction and an understanding of the nutritional components of the fast — so clear guidance and recipes that satisfy the palate are essential to success. The authors of *The Complete Idiot's Guide® to Juice Fasting* take readers through a number of different fasts and help them choose the right fast to lose the pounds, cleanse their systems of undesirable waste and toxins, and be on their way to feeling renewed and recharged. The authors arm readers with over 75 fantastically delicious and powerful juice recipes that will not only give readers what they crave in taste, but will help them fully recognize the transformational benefits of the juice fast.

10 day juice diet: *Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet* Helen Rauscher, 2017-05-15 *Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet* Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one. You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes, enough not to repeat a recipe for several weeks. Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse. You will find many healthy juicing recipes for weight loss. Weight loss is a major issue but it is not the only reason people juice. You will have the best juicing recipes for health. When you drink from the best juice recipes for health, you know you are giving your body the best.

10 day juice diet: *The Detox Miracle Sourcebook* Robert Morse, 2012-01-24 *The Detox Miracle*

Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system – the Detox Miracle! • Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes. • Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body. • Details the interface of body, mind and soul in the achievement of lifelong health. • Presents the Detox Miracle Diet, and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty. EXTREMELY PRACTICAL; a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine. CAREFULLY RESEARCHED. A “must” for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D.C., Ph.D. I HAVE USED DR.MORSE’S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE

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10 day juice diet: The Longevity Matrix Michael T. Murray, N.D., 2020-11-03 The Longevity Matrix shares a strategy to help people achieve an extreme level of wellness and vitality. Michael T. Murray, N.D. does not think it is enough to live longer. The desire should be to live better and stronger with a tremendous amount of health, energy, fulfillment, and joy. Dr. Murray believes that if focus is put on accomplishing these goals, then living longer will naturally take care of itself. In naming this book, Dr. Murray chose a descriptive title – The Longevity Matrix. A matrix refers to a set of conditions that provides a system in which something grows or develops. In this context, the “Longevity Matrix” refers to creating the best set of conditions to develop longevity. If that happens,

not only will it lead to a longer life, but it also allows the systems within the body and mind to function at the highest possible capacity. Within The Longevity Matrix, Dr. Murray offers a step-by-step approach to improve the function of each body system in order to help people make their health chain as strong as possible by strengthening each individual chain.

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10 day juice diet: Detox for the Rest of Us Carole Jacobs, Patrice Johnson, 2010-04-18 Sure, you've heard about detox diets—and you'd love to realize the weight loss and cleansing benefits you've been reading about. But you want to do it safely and healthfully. Now you can. With Detox for the Rest of Us, you'll learn how to use the various diets, plans, and recipes to lose weight and cleanse the system from head to toe—without compromising your health. You'll find out: Which detox plans eliminate what toxins from your body How to create delicious detox meals—from almond pancakes with blueberries to vegetarian meatloaf—that taste great and aid digestion How to choose the right detox plan for your individual body type—and your goals Written by noted fitness and wellness writer Carole Jacobs, Detox for the Rest of Us is all you need to detox your way to looking and feeling fabulous.

10 day juice diet: How to Lose 30 Pounds (Or More) In 30 Days With Juice Fasting Robert Dave Johnston, 2013-09-18 It's time to obliterate the excess weight from your body and get healthier, leaner and better than ever before. And you can accomplish most, if not all, of these objectives in just 30 days with the mighty and life-changing discipline of juice fasting. A major breakthrough in your life and health is not only possible but imminent as juice fasting can help you heal and lose weight faster than any other method. Why postpone the achievement of your goals for another year? How long has it been since you felt really good about your weight and health? How many times have you said to yourself: This year I am going to lose the weight, only to end up postponing the process? Have you ever stayed awake at night thinking and worrying about your health? Wouldn't you like to look at yourself in the mirror and see those pounds gone once and for all? Who could put a price on this kind of triumph and freedom? I asked myself these very same questions for a very long time as obesity and binge-eating ravaged my life. Until I got sick and tired of being sick and tired and decided to take action; until I made a commitment to myself to do whatever it takes to lose the weight and restore my health. And, as I discovered, nothing works like juice fasting to burn massive amounts of fat quickly and fill the body with potent, healing, anti-aging nutrients. Here's the great news: Within 30 days, you could be 30 pounds lighter (or more), and on your way to finally reaching your cherished objectives. From my personal experience as well as from coaching many clients and others in their juice fasts, it is common to lose from half a pound to three and even four pounds daily while juice fasting. In How to Lose 30 Pounds (Or More) in 30 Days With Juice Fasting, I give you a straightforward guide to juice fasting from A to Z, including topics such as: * Understanding the power of fruits and vegetables and their nutrients *Preparing a standard juicing recipe for maximum weight loss and detoxification *How to prepare the juice with a home juicer or extractor *How much juice to drink daily and how often *Detox symptoms that you are likely to experience and tips to overcome them *Motivational messages to guide you through the process * Instructions on how to break the fast appropriately *The importance of making permanent eating-habit changes after the fast * Why it's normal to gain a few pounds after the fast and how to minimize it * How a clean diet can help the body reshape itself and maintain a lower weight And much more! If you are brand new to juice fasting, or even if you have fasted before, this book will give you lots of practical tools, encouragement and insight into this unique discipline. Today, more than ever, that leaner, healthier body that you desire is now within your grasp.

10 day juice diet: The 12 Best Thigh Toning Exercises for Women Rachel Howe, 2012-11-15 Getting Great Legs Starts with a Great Thigh Exercise If you are a woman the last thing you want to have is legs that you are embarrassed of - especially if you live in a warmer environment. There are so many outfits that are made to show off a woman's legs. When you wear shorts, a dress, or even a swimsuit, you want to stand apart will perfectly toned thighs that make everyone around you

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10 day juice diet: The Hunger Hero Diet: How to Lose Weight and Break the Depression Cycle - Without Exercise, Drugs, or Surgery (Australian Edition) Kathryn M James, 2022-06-17 The HUNGER HERO DIET is an invaluable resource for anyone who is overweight, obese, unable to exercise, or challenged by depression. LOSE WEIGHT WITHOUT EXERCISE Foods that trigger allergies and inflammation are replaced by FUNCTIONAL FOODS that protect against cellular damage. With remarkable efficiency, these core ingredients support the GUT-BRAIN-AXIS, feed the gut microbiome, and strengthen neural pathways. NUTRITION MEETS NEUROSCIENCE This book provides an introductory refresher course in human nutrition and food science, as a leadup to presenting the latest theories in nutritional science research. The development of the HUNGER HERO DIET is explained to the reader so they can fully understand how the diet works, and why the rules are so important. This revolutionary diet plan is nutritionally balanced and portion-controlled, with foods to curb the appetite and lift the mood. These HUNGER HEROES are foods that keep the mouth happy - satisfying any desire for sweet, savoury, sour, salty, crunchy, smooth, creamy, or spicy. We offer NEW fascinating insights into WHY WE GET SO FAT, and simple strategies to re-train your brain and gut - the perfect blend of nutritional biochemistry and neuroscience.

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