

# SLIMOLOGY

THE RELATIVELY SIMPLE  
SCIENCE OF SLIMMING



BY SAM FELTHAM

# Slimology The Relatively Simple Science Of Slimming

**Sam Feltham**



## **Slimology The Relatively Simple Science Of Slimming:**

**Slimology** Sam Feltham, 2014-12-23 Having studied the slimming of thousands of people Personal Trainer Health Activist Sam Feltham breaks the mould of health and fitness to create a new area of study Slimology By using rigorous Socratic questioning and evocative storytelling he uncovers the past 15 years of diet and exercise research in 50 pages which seemingly contradicts the current conventional wisdom on slimming down toning up and feeling great Alongside the why Feltham provides you with the how with a 12 week action plan lifestyle diary and mini cook book to help you slim down tone up and feel great as effectively and efficiently as possible Plus how to maintain your new healthy lifestyle afterwards in a society hell bent on making you unhealthy That Sugar Guide Damon Gameau, Zoe Gameau, 2016-03-15 From the bestselling author of That Sugar Book My hope is that one day consuming less sugar will not be thought of as a diet or a meal plan but will simply be known as eating Following on from the runaway success of Damon Gameau's That Sugar Film and That Sugar Book this is the book that brings the sugar free message into the home and onto the family table With 80 everyday low sugar recipes by passionate home cook Zoe That Sugar Guide will show you how to easily transition from sugary processed food to real food The book is divided into two parts The Bridging Week offers accessible science and friendly advice on cutting back on the white stuff plus recipes to help your body and palate adjust to a new exciting and healthy way of living The Consolidation Phase is your manual for long term healthy eating for you and your family Fun friendly and fact filled this is a book that teaches us to choose cook eat and love the sort of food that will nourish our bodies and sustain our health not for weeks or months but for life Fans of Sarah Wilson and David Gillespie will love That Sugar Book and That Sugar Guide A specially formatted fixed layout ebook that retains the look and feel of the print book **The Smarter Science of Slim** Jonathan Bailor, 2012 Jonathan Bailor spent the past decade collaborating with top doctors and researchers to analyze more than 10 000 pages of academic research related to diet exercise and weight loss The end result is this very straightforward simple and easy to read book where Bailor bridges the gap between the academic world and the everyday world to dispel the myths lies and corporate sales hype that have fueled the current obesity epidemic More than any other author in this new century Bailor has separated scientific fact from weight loss fiction to deliver a proven permanent and easy to implement fat loss solution Based on clinically proven research not trendy opinions Bailor uses biology and common sense to bring reason to the topic of diet exercise and weight loss Endorsements Proven and practical Dr Theodoros Kelesidis Harvard UCLA Medical Schools The latest and best scientific research Dr John J Ratey Harvard Medical School An important piece of work Dr Anthony Accurso Johns Hopkins Smart and health promoting Dr JoAnn E Manson Harvard Medical School The last diet book you will ever need to buy Dr Larry Dossey Medical City Dallas Hospital Revolutionary surprising and scientifically sound Dr Jan Friden University of Gothenburg Compelling simple and practical Dr Steve Yeaman Newcastle University Stimulating and provocative Dr Soren Toubro University of Copenhagen Amazing and

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This book delves into Slimology The Relatively Simple Science Of Slimming. Slimology The Relatively Simple Science Of Slimming is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Slimology The Relatively Simple Science Of Slimming, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Slimology The Relatively Simple Science Of Slimming
    - Chapter 2: Essential Elements of Slimology The Relatively Simple Science Of Slimming
    - Chapter 3: Slimology The Relatively Simple Science Of Slimming in Everyday Life
    - Chapter 4: Slimology The Relatively Simple Science Of Slimming in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Slimology The Relatively Simple Science Of Slimming. This chapter will explore what Slimology The Relatively Simple Science Of Slimming is, why Slimology The Relatively Simple Science Of Slimming is vital, and how to effectively learn about Slimology The Relatively Simple Science Of Slimming.
  3. In chapter 2, the author will delve into the foundational concepts of Slimology The Relatively Simple Science Of Slimming. The second chapter will elucidate the essential principles that need to be understood to grasp Slimology The Relatively Simple Science Of Slimming in its entirety.
  4. In chapter 3, the author will examine the practical applications of Slimology The Relatively Simple Science Of Slimming in daily life. This chapter will showcase real-world examples of how Slimology The Relatively Simple Science Of Slimming can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Slimology The Relatively Simple Science Of Slimming in specific contexts. The fourth chapter will explore how Slimology The Relatively Simple Science Of Slimming is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Slimology The Relatively Simple Science Of Slimming. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Slimology The Relatively Simple Science Of Slimming.

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