

Every day, men and women the world over spend thousands of dollars on weight-loss programs—most will fail within a year. Simone Gabbay has written a revolutionary book that gives you the tools to lose excess weight and achieve total wellness. Based on the medically tested work of the “father of holistic medicine,” Edgar Cayce, coupled with proven nutritional facts, Gabbay lays out effective principles and tips for healthy eating, including:

- Water—the amazing weight-loss facilitator
- Alkaline whole foods to boost metabolism
- The slimming action of grapes and grape juice
- Fats that help burn body fat
- Delicious, easy-to-follow recipes

You'll also learn how exercise, sleep, and a positive stress response can help you achieve and maintain your ideal weight. Discover a new way to eat and live, while at the same time lowering your risk for many degenerative conditions, including diabetes, cancer, and heart disease. Enjoy a new path to a vibrant and healthy body for life!



Simone Gabbay, RNCP, is a holistic nutritionist in Toronto, Canada, who has studied and worked with the Cayce readings for more than thirty years. She is the author of two previous books based on the Cayce health material: *Nourishing the Body Temple* and *Visionary Medicine: Real Hope for Total Healing*, both published by A.R.E. Press. Simone is the nutrition columnist for *Venture Inward* magazine and writes the Body, Mind, and Soul column for *The Open Road*, the membership magazine of Edgar Cayce Canada. She is also a frequent contributor to major Canadian health publications. Her Web site address is www.simonegabbay.com.

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