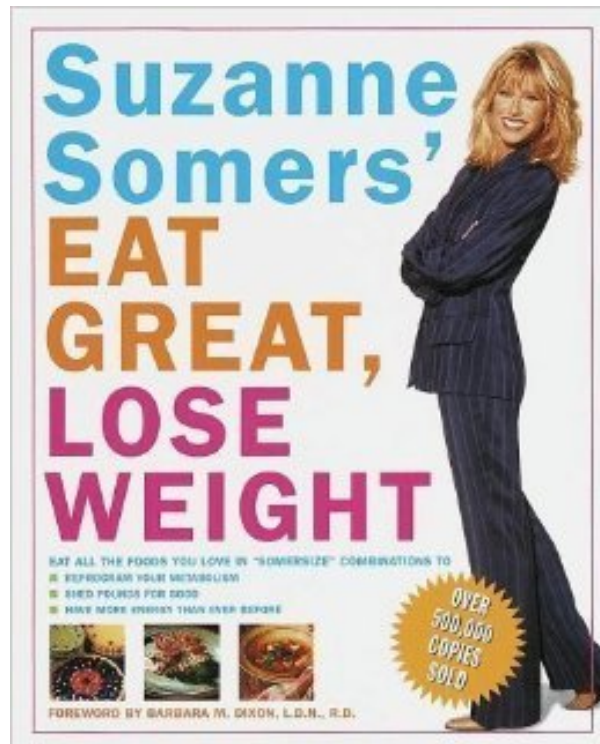
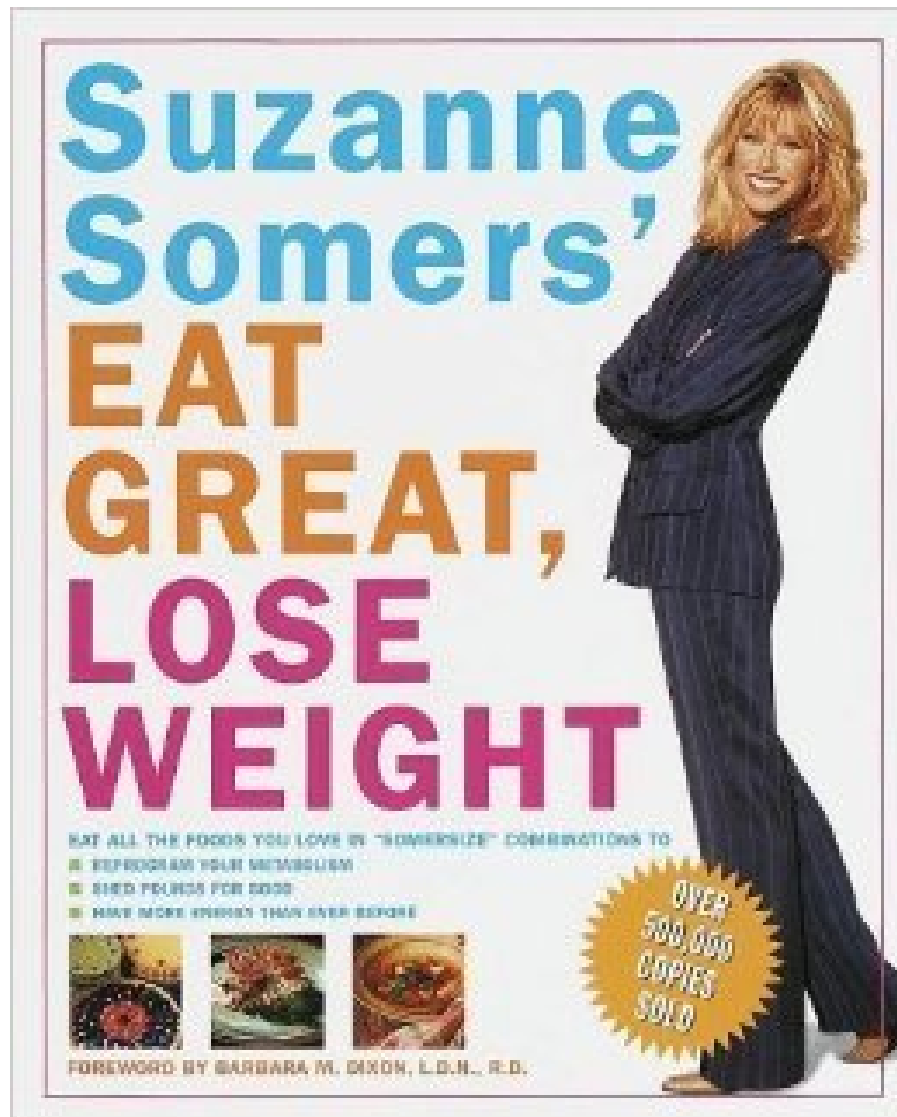


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Based on 10 years of research, this book provides a food-combining weight-loss program that allows dieters to enjoy high-fat foods that are restricted by other programs. According to author Suzanne Somers, if dieters follow her seven steps--such as separating high-fat foods from high-carbohydrate foods and eating three times a day--they will enjoy weight loss, truly satisfying meals, and freedom from fat gram and calorie counting.

- Sales Rank: #850138 in Books
- Published on: 1999-04
- Binding: Paperback
- 240 pages

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**THE TV ACTRESS PROPOSES A "LIFESTYLE" TO CHANGE THE WAY YOU THINK ABOUT WEIGHT**

By Steven H Propp

Suzanne Somers (born 1946) is an American actress, author, singer and businesswoman, known for her television roles on "Three's Company" and on "Step by Step."

She wrote in the Introduction to this 1996 book that during a trip to France, "Jean Pierre... explained the basic premises of food combining to me. Fruit can upset the digestive process when eaten with other foods. Therefore, he told me, I should always eat fruit on an empty stomach. He went on to explain that protein or fats should not be combined with carbohydrates... [He] then explained that proteins and fats are easily digested when eaten with vegetables only, and that carbohydrates should be eaten in their whole-grain form without any fats at all... When I returned home to the States, I started my quest to learn about food combining." (Pg. 4-5)

She explains, "I call my program 'Somersizing,' and Somersizing is NOT a diet. DIET is a nasty four-letter word that conjures up negative thoughts of sacrifice and obsession and guilt. Somersizing is a lifestyle that will change your way of thinking about how to lose weight and increase your energy. Eating the Somersize way is a pleasure. It is a program for life, a program I will happily live on for the rest of my life." (Pg. 5) Later, she adds, "Somersizing is not a diet! I can't say that enough. Somersizing is a weight-loss solution to the diet roller-coaster: it's a LIFESTYLE, a whole new way of eating that will change your thinking about losing weight and gaining energy." (Pg. 13) She advises, "That's the key to Somersizing: to convert your body from a carbo-burning machine into a fat-burning machine." (Pg. 23)

She says, "Eating fewer calories jump-starts the weight-loss process, but our bodies adjust to eating a smaller amount of food by lowering the metabolism to keep us from starving to death... Don't despair. Somersizing can actually INCREASE your metabolism, so you can eat more food and still lose weight." (Pg. 10) She

observes, "a low-fat diet does not guarantee you will lose weight. What you are eating in place of that fat will have a lot to do with determining how much weight you lose... Junk food is junk food, whether it's fat-free or not. It's nearly impossible to lose weight if you're filling up on these so-called HEALTHY snack alternatives... the culprit in all these fat-free products is... SUGAR!" (Pg. 12)

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Easy to learn

By Ann Stillwell

Easy to learn. It is about food combinations. Unlike other diets where no carbs or fruits are allowed, this is more balance.

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Thanks...I have my book back now!

By Theresa Peterson

I already have this book. My friend borrowed it and the only way to get it back was to find her one!

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