



Reset Eating

A unique and easily accessible book - including delicious recipes - that reveals the science and practicalities of turning what, how and when you eat into powerful medicine!

It's fair to say that — especially in light of lockdowns where many of us glugged on unhealthy treats to make it through — our relationship with food may need an upgrade. Do you want to kickstart 2022 by changing the way you feel about food? Do you want to know why eating 'this' or not eating 'that' elicits different responses or which foods can transform both your health and also your shape — for the long term? If so, *Reset Eating* is for you!

Reset Eating can help you turn your food into powerful medicine, greatly increasing your energy levels and all-round resilience. It's packed with practical tools and easy explanations of the underlying science. You'll discover how food is much more than just a source of calories, and how it gives vital information to key body systems. You'll also find a bunch of delicious recipes for serious health creation. What's more, *Reset Eating* caters for omnivores, flexitarians, vegans, vegetarians — and children.

Readers can choose to deep dive into the science where you'll learn which foods can provide information or disinformation for the body and how to crunch the numbers and go, what the authors call, 'flexi-keto'. Or you might just want to skip to the 12-step programme for a more practical, just-do-it approach where time challenged readers can jump straight to the recipes and just let the food be their medicine!

"So much has been written on what and when to eat," says lead author, Rob Verkerk PhD, "but our book is unique as it really homes in on what, when and how we can eat to help reset our metabolism back to its evolutionary set point."

"Our connection to food is one of the most intimate relationships we have in life," explains co-author Meleni Aldridge. "Like any relationship that's valued, nurtured and respected, it holds the potential to dramatically change our lives for the better."

The authors dedicate the book to the many health seekers who've previously set out on new health paths filled with hope and positivity only to find themselves at yet another dead end. The author's plea is a simple one: "Please don't give up!"

Rob Verkerk PhD is an internationally acclaimed, multi-disciplinary sustainability scientist with a 40-year background in environmental, agricultural, food, nutritional and health sciences. He has masters and doctorate degrees from Imperial College London, where he also worked as a postdoctoral research fellow, and founded the non-profit Alliance for Natural Health International in 2002.

Meleni Aldridge has been immersed in the field of natural and integrative medicine for over 30 years. She is a practicing clinical psychoneuroimmunologist, functional medicine practitioner and certified Metabolic Balance coach. For 11 years, prior to joining the Alliance for Natural Health International, she lectured at St Mary's University College, Middlesex on the Sport Rehabilitation programme.

Melissa Smith is a qualified Nutritional Therapist who is passionate about empowering individuals to take control of their own health using natural approaches to health care where possible. Melissa has had a wide and varied career to date and now brings this wealth of experience to her outreach and communications role at the Alliance for Natural Health International.

PUBLICATION DATE: 28 March 2022 | ISBN: 9781803130194 | Price: £19.99

FOR AUTHOR INTERVIEWS, REVIEW OR COMPETITION COPIES, ARTICLES, PHOTOS OR EXTRACTS
SOPHIE MORGAN

TEL: 0116 279 2299 EMAIL: SOPHIE_MORGAN@TROUBADOR.CO.UK

TROUBADOR PUBLISHING LTD, UNIT E2, AIRFIELD BUSINESS PARK, HARRISON ROAD, MARKET
HARBOROUGH, LEICS LE16 7UL

WWW.TROUBADOR.CO.UK