

Developed by award-winning dietitian and author Shamala Ratnesar, The Total LIFE Diet, is a groundbreaking nutrition, health and weight loss program that will **CHANGE YOUR LIFE**. Shamala wrote this book because her clients have achieved extraordinary results, and she now wants to share with everyone **the ultimate secrets to lifelong health and lasting weight loss**.

The Total LIFE Diet is a complete diet and lifestyle program that is scientifically based, yet practical, easy and delicious and focuses on **getting results for YOU**.

You will be empowered to:

- ★ Beat pre-diabetes!
- ★ Control diabetes
- ★ Combat inflammation
- ★ Prevent cancer
- ★ Lower blood cholesterol and blood pressure
- ★ Prevent and manage heart disease
- ★ Boost your brain power, energy and vitality
- ★ Be happier!
- ★ Lose weight for life



Learn about the miracle of omega-3s, why food quantities are vital, how to read food labels when shopping and how to eat delicious and filling food and still lose weight!

Yes – you can enjoy all your favourite foods without the artery-clogging saturated fat! On this diet you can actually have healthy versions of eggs Benedict, pizza, burgers, fish and chips, trifle and black forest cake.

There is **HOPE** for all. It is the key to a long, lean, healthy and happy life:

Healthy & Tasty Diet

Omega-3 Magic!

Positive Thinking & Positive Action

Exercise

ISBN 978-0-9870502-0-5



9 780987 050205

www.TheTotalLIFEDiet.com