

THE FOOD DOCTOR WILL SEE YOU NOW...

April 29 , 2010 - for immediate release:

Can you stay slim without starving yourself?

Join the Jewish Community Centre for London for an exclusive evening with The Food Doctor, Ian Marber, where you will have a chance to hear him discuss 'Eat Well and Stay Slim – is it actually possible?'

Ian is a leading nutritionist and author of the best-selling nutrition system The Food Doctor Diet and many subsequent books.

He is also the principal consultant at The Food Doctor Clinic where he conducts one-to-one consultations with clients, including many high profile clientele, advising on all aspects of nutrition and the effect incorrect food choices can have on physical health and well-being. Ian works closely with his clients identifying their individual needs and helping them to make necessary lifestyle and diet changes.

He says: "Most diets have a beginning, a middle and an end. Afterwards, inevitably people return to eating much as they did before having achieved their goal. When the weight creeps back on, they panic and go back to that wonder diet that helped them shed the pounds, only to find that this time, it doesn't work so well. This is all due to your metabolic set point.

"Your body does not know you are living in the 21st century. As far as it's concerned, you are a cave man or woman, not knowing where your next meal will come from. It is designed to hold onto fat, and store it up during times of plenty for times when it senses potential famine, so resets your metabolism to work on what little food it is getting. Then, in times of surplus, fat is laid down, but after a period of abstinence you are more likely to store more fat to prepare for another period of famine. That's why, on returning to a diet that once worked well, you are likely to find it won't have the same results.

"The Food Doctor solution? We believe in balance, so not a 'diet' in the conventional sense thus preventing the problems listed above. Because you will be eating satisfying, regular amounts of food, you won't get hungry, so you won't feel as though you are on a diet, and your body won't think there is a famine.

"You will retrain your metabolic rate to eat differently, and will learn to truly enjoy your food, so there will be no return to old habits."

Ian will advise audience members on how to go away and implement his healthy eating plan into daily life. There will be an opportunity for questions after the talk.

Date: Monday 17th May

Time: 7pm

Venue: Engine, 60 Great Portland Street, London W1W 7RT

Price: £12 in advance, £15 on the door, includes a glass of wine
To book: Online at jcclondon.org.uk or call the JCC office on 020 7431 9866

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