

LCHF – Eat Your Way To Health and Happiness

LCHF - spis dig mæt og glad

by Jane Faerber



LCHF – Eat Your Way To Health and Happiness is a book for those who are tired of mood swings, sugar cravings, poor appetite regulation, and losing weight only to gain it back again. It is for people who would like to lose weight, but also for people who might not need to lose any weight, but who suffer from inexplicable fatigue, inner restlessness and lack of energy during the day. It is also for anybody who might be tired of having to watch and count calories, and who longs for a life where the focus isn't on food all the time. With *LCHF – Eat Your Way to Health and Happiness*, you can eat your fill of delicious food with a clean conscience while gaining a new, healthy lifestyle with the added benefit of greater well-being.

The LCHF (Low Carb High Fat) diet, which has now made its way to Denmark, has long been an extremely popular way of eating in the neighbouring countries of Sweden and Norway. Up towards every fourth person in Sweden eats according to this method, and that is because this isn't simply a weight loss diet. Low Carb High Fat just means that you should avoid foods that contain many carbohydrates but few natural fats. When you eat LCHF you turn the food pyramid, as we know it, upside down and eat lots of good proteins, heaps of vegetables, natural fats from meat, butter, oils and full fat dairy products supplemented with small quantities of nuts and berries – while at the same time eating less bread, pasta, rice and so forth. If you do so it will affect your general health immediately. You will, in all probability, get rid of the extra weight, feel more vigorous and gain other health benefits.

In Denmark, Jane Faerber, who is well known on the internet for her very popular blog madbanditten.dk, has lived by the principles of LCHF for many years and has felt the array of health benefits on her own body. Now she passes on her experiences in this book. Here the reader is given a thorough introduction to the concept of LCHF along with 70 tasty recipes to get started straight away on eating according to the LCHF principles.

Jane Faerber (born 1977) has a Master's Degree in French and Rhetoric and has worked for many years in the field of media. She ate her way away from stomach cramps and mood swings by changing her diet to LCHF. She has created the blog madbanditten.dk where she writes about LCHF, and she also eco-blogs for Urtekram.

SPECIFICATIONS

Pages: 216

Publication Date: 30. January 2014

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ICELAND / Forlagid

GERMANY / Christian Verlag

NORWAY / Juritzen

THE NETHERLANDS & BELGIUM /
Zuidnederlandse Uitgeverij

**85,000 copies sold in
Denmark.**

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