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The French Twist: Twelve Secrets of Decadent Dining and Natural Weight Management

By Carol Cottrill

Morgan James Publishing. Paperback. Book Condition: New. This item is printed on demand. Paperback. 236 pages. Americans diet while the French dine. But is it true that French women don't get fat? Is there a French Paradox—the counterintuitive notion that a diet that includes cheese, chocolate, and wine is associated with improved cardiovascular health and weight management? The ancient wisdom and long-held traditions of the French have, in fact, been validated. Recent and groundbreaking nutritional science confirms what the French have known for centuries: there is no paradox at all. Enjoying high-quality, real, even so-called decadent foods prepared with awareness and savored with pleasure and relaxation, and in moderation ensures a lifetime of relatively effortless weight management. In *The French Twist*, nutritional consultant Carol Cottrill lets American women in on twelve secrets for organizing their personal rhythms and rituals around this concept, which can have a profound effect on their metabolism and weight. Talk to a French woman and you may learn that, rather than a French Paradox, there exists a French Dilemma. The French love good food and wine, and certainly the idea of a pleasurable life of large meals with family and friends, but these preferences must be reconciled with their desire...



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