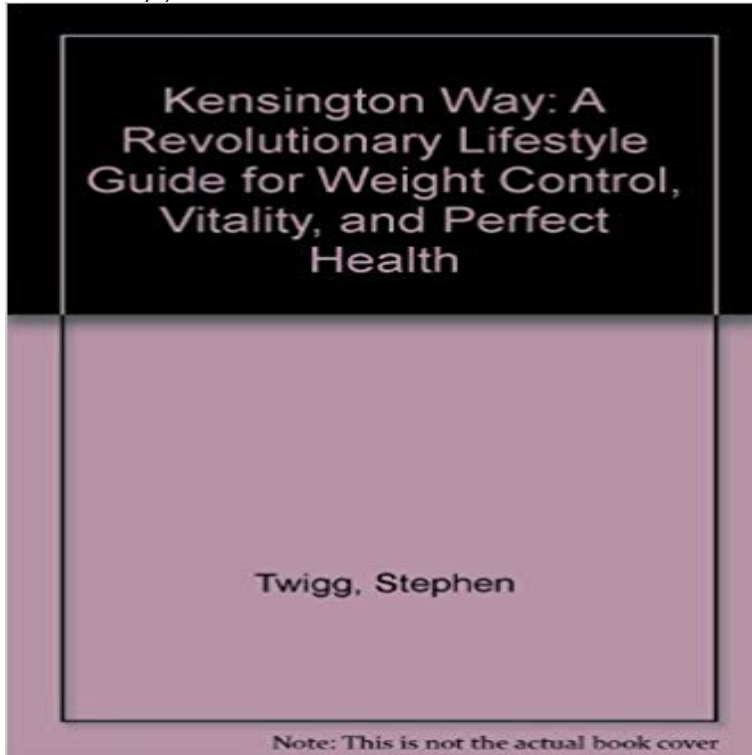


Kensington Way: A Revolutionary Lifestyle Guide for Weight Control, Vitality, and Perfect Health



As a holistic health practitioner whose revolutionary diet and lifestyle program has transformed the lives of clients from Princess Diana and other members of British royalty to celebrities and business and political leaders, Stephen Twigg has changed the way we look at dieting--and ourselves. Now he brings his landmark diet to America in the number one bestselling book that has caused a sensation from Kensington Palace through all of England. A proven system for losing weight and attaining perfect health, based on Twigg's unique concept, The Kensington Way consists of three essential steps: Food Combining--The key to weight management-- you'll learn how the right combinations of foods take the pounds off, and keep them off; Food Rotation--A master strategy for dramatically improving your overall health; Mind/Body Approach--Your secret weapon for attaining your ideal weight, health, and positive self-image. In this breakthrough book, you'll also discover: * 3 ways to correct negative eating habits * The essential elements of successful dieting * Secrets to burning fat, reducing fluid, and reshaping muscle and more... More than a successful diet program, The Kensington Way is a complete plan for healthy living that arms you with the tools you need to lose weight and gain (or regain) control of your health and life. Specifically designed to adapt to your individual lifestyle, it will enable you to achieve and maintain your desired fitness level without giving up the foods you love. Featuring recipes for complete meals; daily menu planners; health progress charts; checklists; questionnaires; a special section for vegetarians; shopping tips; and advice for coping with emergencies like snack attacks, it is your blueprint for fitness, healing, and health.

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