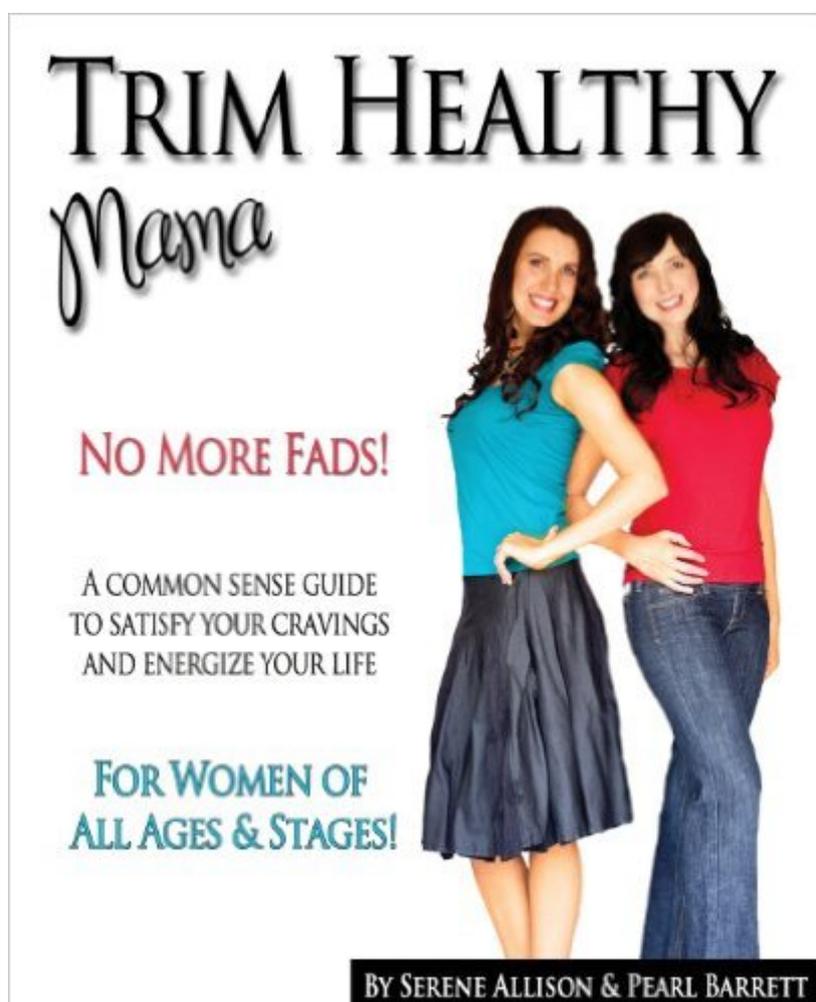


The book was found

Trim Healthy Mama



Synopsis

Trim Healthy Mama No More Fads! A Common Sense Guide To Satisfy Your Cravings And Energize Your Life. By Pearl Barrett & Serene Allison. For Women Of All Ages And Stages! Over 250 Recipes, Proven Ways to Lose Weight, How to Balance your Hormones, How to Re-fire your Metabolism, Make your Skin Glow, Ignite Marriage Intimacy, Simple but Effective Exercise Plan. (for Pregnant Mothers too!) Answers for Postmenopausal Women.

Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (1,407 customer reviews)

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Customer Reviews

Hello, I'm Vienna. Scott's wife, and I'm not big on diet fads, and rarely if ever have the attention span to even embark on reading about them, but after finding the authors on Facebook, I was intrigued by their recipes and food pictures. I purchased this book only a week ago, but dove in to the food preparation while I was still reading. They have some great dessert names: Fat Stripping Frappa, Tummy Tucking ice Cream, Slim Belly Jelly, and Lemon Mousse. . The Skinny Chocolate is fun to make and tastes just the like hardening syrup you pour on ice cream. Their premise is that our society is overloaded with carbohydrates so they recommend eliminating sugar from your diet, and a lot of grains including wheat. Stevia is their sugar substitute. I'm not big on artificial sweeteners, and Stevia has never been an option for me because of it's odd bitter aftertaste, but they have several recommendations for brands of Stevia that have overcome this drawback. I still don't like the odd flavor, but seem to be getting used to it after a week without sugar. The recipes are doable. I was able to start immediately from with what I had in the pantry. If you have meat, frozen vegetables, canned tomatoes or fresh, salad, oatmeal, cheese, cream, greek yogurt and butter, just about

anything, you can at least get started with their plan. There is a lot of suggestions for adapting the eating for families. snacks and tricks to handle hunger when you've been running errands, and an encouraging tone that you don't have to do everything perfectly. (At least Pearl says so.) Like adding different sides to meet growing children's needs. You don't have to wear yourself out preparing multiple meals for the family and for you.

Thoughts and Precautions on Trim Healthy Mama Currently, the latest fad diet in Christian circles is Trim, Healthy Mama by Serene Allison and Pearl Barrett, the cover of which boldly proclaim "No More Fads." Unfortunately, the deciding factor for any program's fad status is not its self-proclamation that it is not one, but rather how it is handled by its users. The authors base their 'not a fad' assertion on their insistence that it must be adopted for life, however almost every diet out there makes the same claim or provides some sort of "maintenance" program at the end. Right now THM's star is rising, but it will be another shooting star, not the north one. The cover of this book also proclaims that it is a "Common Sense" guide to satisfy cravings and energize your life. While healthy eating will most certainly satisfy cravings and energize your life what they promote in this book is anything but "common" sense. Their program is based on their limited understanding of metabolism and blood sugar control; an accumulation of knowledge gained from a plethora of other diet books and various low carb websites and blogs. While much of the information is accurate and the metaphors they use to simplify the body's insulin response to food are helpful, they fall short of the big metabolic picture. You must understand that I really wanted to like this book, and from a recipe source standpoint I actually do. I use the recipes almost daily in my home. My favorite lunch is based on one of them. My refrigerator is rarely without a batch of skinny chocolate, secret agent brownie cake, or choco pudding (though I add whey protein to the pudding). I am very grateful for the introduction to Joseph's bread and many other great products. But the plan, I can not recommend.

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