



Kensington Way

By Twigg, Stephen

Condition: New. Ships From Canada. New 275 pages. Book Description 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, yo.

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