

GO NE THE

DAYS OF
OBESITY



VERONIQUE BELMAR

“Gone the Days of Obesity” takes you back to over 6,000 years ago. It can, and will, change your life forever if you are willing to make that positive change in yourself.

Whether obese, medium size, or slim, no one should consider themselves exempt from reading this book. All are invited to read, and thus experience the benefits of life that this book guides you towards.

Information is given about: obesity (destroyer of life), healthy recipes for meat eaters, vegans and vegetarians, facts about eating meat, meats that you should not eat, fish that you should not eat, how fat and the blood of animals can, and will, disease the body, and how can you stay well if you dare!

Other ideas investigated are: the benefits of a changed lifestyle, the price of true happiness, illustrated by shocking stories and poetry that all should read, methods of communication at the dinner table, how to build self confidence to help you socialise better, and fat being an ugly word. Also included is guidance for vegans and vegetarians, a discussion of living longer to enjoy your grandchildren, and further discussion points covering relationships (keeping your partner), warnings on obesity and coronary arteriosclerosis.

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