

Lorinda wrote to me and said: I feel the need to send you this mail with feedback on your book, Eat Smart and Stay Slim: the GI diet that I have had for years. I read the book, but never really implemented it in my life.

Until early 2024 when I was told by my Doctor I have high cholesterol, insulin resistance and that I needed to lose weight. I was not impressed with the news.

Long story short. I was thinking: how can I make changes and where do I start? A small voice said to get your book out and read it, study it and make the changes. Well, what can I say, what a difference. My reflux and aches and pains in my hips left, my cholesterol came down, my energy increased, I don't have that foggy feeling in the morning and I'm also no more "pulling to one side when I walk", like I did before.

I made the changes to my lifestyle; I did it for health reasons and the weight loss was the bonus. I weighed 85 kg for a long time. Now, at the end of 2024, I am at 63 kg and well on my way to 60kg. I will not stop with what I know now. Now I understand what a balanced diet is. I have all 4 of your Eating for Sustained Energy recipe books and the Smart Carb and GI Guide of SA, the old and the new, updated one of 2025 - 2029.

These are books that I will recommend to anybody to have; you don't ever need any other books and recipe books on diets and how to cook tasty, healthy food and meals. I have been there and done it all.

Your book is a winner. Thank you so much for all the information in it. Thank you for sharing it with people out there like me.

I shared it with my friends and Friday my ex-manager purchased your book. My doctor said I must encourage other people to buy the books, for I am living proof.

Before



After

