

[PDF] Suzanne Somers' Slim And Sexy Forever: The Hormone Solution For Permanent Weight Loss And Optimal Living

Suzanne Somers - pdf download free book



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Description:

Suzanne Somers may forever be ingrained in American minds as the ditzzy blond from *Three's Company*, but her five past bestselling diet books prove that her fit figure is admired by millions.

Now in her 50s, Somers has endured what she calls the "Seven Dwarves" of menopause—Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, and All Dried Up. She claims that until one tames the hormonal roller-coaster of menopause, there's little hope of losing weight: "If your hormones are out of balance, no weight-loss program will work for you." She recommends supplementation with "natural, bioidentical hormones" available from a compounding pharmacist, or an endocrinologist specializing in bioidentical hormone replacement therapy (BHRT). The synthetic hormones so widely prescribed, she says, cause the body to "mimic pregnancy," and result in a "high-insulin state," both of which lead to weight gain and bloating.

with Suzanne Somers While finding these natural hormonal supplements may be difficult for some readers, as the majority of BHRT-prescribing endocrinologists practice in the Los Angeles area, Somers stresses it's worth making the trip for a BHRT appointment. Moreover, readers may balk at a major side effect of taking bioidentical hormones: the return of one's menstrual period. "To me, having a period is a small price to pay for great health, increased vitality, and a slim figure," she says. Somers adds to her hormonal advice a detailed menu plan, which includes limited amounts of whole grains, and plenty of fruits and vegetables. She also recommends a few "high-glycemic" foods to avoid at all costs. The recipes are mostly drool-worthy, with dishes including Chicken Parmigiana and Warm Chocolate Soufflé Cakes, with the less labor-intensive dishes requiring some of her packaged Somersize-brand sauces, spices, and sweeteners. While the hormone supplementation in her plan may be hard to come by, her dietary advice is much more sensible than what you'll find in the majority of weight-loss books these days.--*Erica Jorgensen*

From Suzanne's personal recipe collection Suzanne Somers lifts the veil on her upcoming books, *Somersize Appetizers* and *Somersize Cocktails*, revealing two mouthwatering recipes that will get your party started, the Somersize way.

Chili Braised Pork with Pocatello Salsa in Butter Lettuce Cups

From *Somersize Appetizers* - PRO/FATS & VEGGIES - LEVEL ONE

Serves 8

This spicy and delicious appetizer is perfect alongside a cool and refreshing mojito. For Level Two serve on crispy-fried whole-wheat tortilla triangles. CHILI BRAISED PORK:

1 3-pound pork butt, cut into small chunks
Sea salt and freshly ground pepper
2 tablespoons extra virgin olive oil
1 red bell pepper, seeded and medium dice
1 red onion, medium diced
3-4 jalapeno chilies, sliced
2 tablespoons tomato paste
1 cup chopped tomatoes
2 cups chicken broth
16 small butter lettuce leaves (to use for cups) JICAMA GARNISH:

½ jicama, julienned finely
½ red onion, sliced thinly
2 teaspoons olive oil
Juice of ½ lime
Sea salt and freshly ground pepper

TOMATILLO SALSA:

6 tomatillos, cut in half

2 tablespoons extra virgin olive oil

Sea salt and freshly ground black pepper

For Pork:
Season pork liberally with salt and pepper. In a braising pan (or stock pot) over medium high, add olive oil and pork. Sear on both sides. Add peppers, onions, chilies and sauté for about 10 minutes, until golden and caramelized. Add tomato paste, tomatoes and chicken stock. Bring to a boil and cover. Reduce heat to low. Cook until pork falls apart, about an hour. Remove from heat. Remove pork, reserving the liquid and allow pork to cool. Pull pork into small pieces. Place pulled pork into a bowl and add 4-6 ounces of the liquid. Set aside.

For Jicama Garnish:

Toss all ingredients into a nonmetallic bowl until well combined. Allow flavors to combine for at least 30 minutes.

For Tomatillo Salsa:

Preheat oven to 400. Place tomatillos onto a baking sheet and drizzle with olive oil, salt and pepper. Roast in oven until caramelized and soft, about 35-45 minutes. Remove from oven and while still warm, chop until they become the texture of chunky salsa.

To assemble:

Place a spoonful of pulled pork into each butter lettuce leaf. Top with jicama garnish and a dollop of salsa. Serve immediately.

Somersize Mojito

From *Somersize Cocktails* - ALMOST LEVEL ONE

This Cuban drink is light and refreshing with a burst of fresh mint and lime. Normally it's sweetened with sugar, but I use SomerSweet instead. I have to say, I actually like the taste of SomerSweet better! Sugar can leave a bubbly film in your mouth but SomerSweet is so clean and fresh tasting. Traditionally this drink is made with rum, but I much prefer the taste of vodka. Make it either way you like. This is the perfect summer drink and if I had to pick only one cocktail in the entire book, this would be it. There are many different preferences when it comes to this drink. I tend to like mine with strong lime and mint flavor. Some like it less intense with more club soda. Adjust to your liking.

1 1/2 oz light rum

4-6 fresh mint leaves

1 1/2 Key lime (preferred) or 1 regular (Persian) lime

3/4 teaspoon SomerSweet (or 1 tablespoon sugar)

2-4 oz soda water

Add mint leaves, lime juice, pressed limes, and SomerSweet into a highball glass. "Muddle" ingredients with a wooden stick or handle to release mint flavor. Add ice, rum, and soda water. Serve with limes and leaves in drink.

More by Suzanne Somers *Eat, Cheat, and Melt the Fat Away*

The Sexy Years

Get Skinny on Fabulous Food

Fast and Easy

Eat Great, Lose Weight

Slim and Sexy Forever

Review “This program is specifically designed for dealing with weight loss in the second half of life. This is for the baby boomers. Our weight loss needs are different from our younger counterparts. When I was young, I could go on any diet and lose as much as I wanted—and fast. After forty, it’s not so easy. This program is the only one that addresses the issue of hormonal imbalance. You will not lose weight until you fix this problem.” —Suzanne Somers

“I lost almost 60 pounds three years ago Somersizing, but going through the change piled it back on. . . . Then I realized why—my hormones were so out of whack my body wasn’t working properly. Then I saw you on TV discussing *The Sexy Years*. . . . Within two weeks of starting my compounded natural hormones, I noticed my symptoms diminish, and the weight started melting off too! I’ve lost 28 pounds. I exercise daily, I’m eating fabulous foods (desserts too), my hormones are back in balance, and my darling husband of 30 years is happy to have his vibrant wife dragging him into the bedroom again! I will be a Somersizer and Bioidentical girl for life.” —Sherri Elliott

“Everything is so delicious and satisfying. . . . One thing is better than the next. I lost 160 pounds in fifteen months and have been maintaining now for about four months. And the best part is, I feel fantastic.” —Carol Ann Friedman

“I am fifty-four years old and began your plan in May of 2003. By November of 2003, I had lost 30 pounds and had gone from size 14-16 to a size 8. I am so thrilled to report that I have maintained the weight loss and am now a size 6, and have bought a few 4s. Never have I felt so healthy and so alive! It is a brand new way of life and a totally changed state of mind.” —Linda Cohen

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