



# The Five Lows Diet for Happier, Healthier Lifestyle & Sustainable Weight Loss

*Alina Charcinski*

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*Can “The Five Lows Diet” make you happier and healthier? **You bet!***

*Is it hard to eat healthily?* Not unless you make it overcomplicated.

*Is it expensive to eat non-rubbish food?* Only if you buy organic.

*Do I have to deprive myself?* Depends on your self-control and how many doughnuts and packet of crisps you are eating now.

*Can I still have tasty treats? **Absolutely!***

*Will I lose 6lb in 6 weeks?* Yes, depending how much you move.

*Who is it suitable for?*

The golden rules in The Five Lows Diet for happier and healthier lifestyle apply to **EVERYBODY!**

- Over 5s and under 100.
- Men or Women, Growing Children, Teenagers, Students, Parents, Uncles, Aunties, Granddads, Grandmas – a whole new healthy generation!
- Mothers-to-be - control your weight gain in pregnancy and lose it easily after breastfeeding is finished.

Even if you don't need to lose any weight, but you feel stressed, low or depressed, with lack of energy for no apparent reason, you will gain an insight and positive attitude on how to change your lifestyle for the better.

I promise that *The Five Lows Diet* will be:

- Short and Sweet - and easy to remember and follow
- Stress-Free – no food groups exclusions, no deprivation
- Life Changing – you will be more energetic, positive and happy by the end of it.
- Not Boring – no overwhelming nutritious or medical facts about food.
- No Short Term Fix – you will lay foundations to last a lifetime. For you and your children.

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