

Stilton Literary Agency



A Healthier Life and a Slimmer Waist in Twelve Weeks

Original title: 12 Uker
Publisher: Gyldendal Forlag 2014
Non Fiction / Cookbook / Health/Lifestyle

Learn how to change your diet following Berit's method

Berit Nordstrand is quite an educator when the topic is diet and nutrition. She is a trained doctor, mother of six and a true epicurean who has worked with drug rehabilitation, as a therapist and as a chief physician in pharmacology.

In the book *A Healthier Life and a Slimmer Waist in Twelve Weeks* she leads us through a transformation, a change of diet and attitude that will ultimately enable us to lose that dangerous belly fat.

Stage by stage the book tells us what to eat and what to avoid. This diet is not based on calorie counting, but on making a plan for how you can change your diet and fill your stomach with food that will increase your metabolism and safeguard your health. In the book you will find more than 60 mouth watering recipes to help you establish a new diet based on Berit's key principles.

This is the way to lose 5-10 kilos and increase your energy level in only twelve weeks.

Foreign rights
Finland, Wsoy

Berit Nordstrand

Berit is a physician specialized in clinical pharmacology and a cognitive therapist. She is the mother of six children ages 8 to 24 and has spent 24 years immersing herself in medical research on the relationship between food and health. Berit is known for her inspiring lectures and her infectious passion for the idea that everyone should get to enjoy the food they eat while also minimizing their risk of lifestyle diseases. Berit Nordstrand has sold approximately 150,000 books in Norway.

Other titles

Pure Delight (2021)
Reset30 (2020)
Intestinal Medicine (2018)