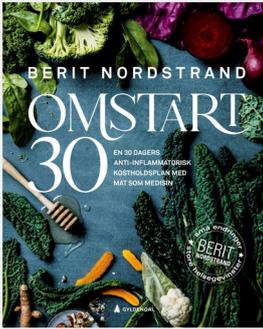


Stilton Literary Agency



Reset30

Original title: Omstart30
Publisher: Gyldendal Forlag 2020
Non Fiction / Cookbook / Health/Lifestyle

30-day anti-inflammation plan using food as medicine
Improve your life with anti-inflammatory food

RESET30 is a 30-day method for reducing inflammation in your body using food as medicine. This means food that can strengthen good gut bacteria, improve maintenance of the intestinal mucosa, repair leaky gut and, in doing so, reduce inflammation and associated ailments.

Common ailments connected to inflammation are excess weight, acid reflux, gas and irritable bowels, low energy, pain, eczema, asthma, allergies, and several lifestyle diseases, as well as poor concentration and trouble sleeping.

In the next 30 days, you will eliminate foods that can cause inflammation in the body and introduce foods that can reduce inflammation. You will not have to count calories, you will eat until you are satisfied, but you will nevertheless find that unhealthy belly fat disappears. After 30 days, you can reintroduce some of the foods you have eliminated – but not all. Only the ones your body can tolerate. This will help you figure out the diet that allows your body to thrive.

The book includes:

- Basic instructions for what you should prepare before you start
- 50 recipes for the elimination phase
- Weekly plan for lunch and dinner
- Plan for the reintroduction phase

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)
Intestinal Medicine (2018)
A Healthier Life and a Slimmer Waist in Twelve Weeks (2014)