

Stilton Literary Agency



Pure Delight

Original title: Ren Nytelse
Publisher: Gyldendal Forlag 2021
Non Fiction / Cookbook/Health/Lifestyle

88 new anti-inflammatory recipes

In Pure Delight you will find 88 new, enticing anti-inflammatory recipes. By eating the food from this book for 30 days, you will give your health a restart. You will strengthen your gut bacteria flora and reduce your body's inflammation level, all while eating delicious food. Most people who complete this restart are rid of aches and pains, sleep better, and have more energy. You may also end up a few kilos lighter around the middle, with improved memory and mood. The diet can heal leaky gut and relieve symptoms of lifestyle-related diseases. It can also have a positive effect for many people with autoimmune diseases – look for the AIP symbol in the book.

Berit's goal is to minimize health risks through a lifestyle that incorporates pure, natural foods that make you feel good.

If you want to really dive in to Berit's theory of anti-inflammatory food, you should read RESET30, which was on the bestseller lists for more than half of 2020.

Berit Nordstrand is a physician with 25 years of clinical experience, lecturer, and bestselling author – and she loves good food.

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

Reset30 (2020)

Intestinal Medicine (2018)

A Healthier Life and a Slimmer Waist in

Twelve Weeks (2014)