



# The Don't Go Hungry Diet

*Amanda Sainsbury-Salis*

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## **The Don't Go Hungry Diet** Amanda Sainsbury-Salis

How Australia's leading weight-loss scientist, Dr Amanda Sainsbury-Salis of the Garvan Institute, put her theories to the test and lost nearly 30 kilos.

The scientifically based way to lose weight and keep it off forever. Whether you've tried all the diets but find you just keep putting the weight back on - plus extra - or simply want to lose weight and keep it off forever, this is the book for you. Like many women, Dr Amanda Sainsbury-Salis began dieting in her teens despite being a normal weight. Over the next few years she tried all kinds of diets, and six years on her weight had ballooned; she was now obese. 'I dieted myself fat,' Dr Sainsbury-Salis says. 'I'd lose a kilo or two then just gain it all back, plus more.' She also fell prey to binge eating, pigging out on pastries in between her dieting attempts. When in despair she finally gave up dieting, she decided to start a career in medical research so that she could find an effective way to lose weight.

Today she is a world leader in the field of weight loss. Through her research, she discovered that the key to successful dieting is to understand how your brain regulates your weight and work with it, rather than against it, by never going hungry. Staying satisfied is the key to beating the 'famine reaction', your body's way of protecting itself when you diet from what it perceives as a life-threatening food shortage. Once in tune with your body, it's easy to lose weight and keep it off.

Amanda tested out her theories on herself, losing nearly 30 kilograms and keeping it off for more than nine years (and counting), then helped her husband to lose 20 kilograms. Now, in *The Don't Go Hungry Diet*, Dr Sainsbury-Salis explains the science behind her discoveries simply and effectively, then tells how you, too, can lose weight more effectively and with less effort than ever before. With chapters on how to recognise and deal with a famine reaction and other scientific breakthroughs, as well as on nutrition and exercise, plus 50 delicious recipes, this is a scientifically based plan that is simple for anyone to follow - and that works.

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