

H. TITLE INFORMATION

EAT SAUSAGES & LOSE WEIGHT: THE PERFECT DIET FOR MEN

by Rüdiger Busche

CONTENT:

Losing weight by eating sausages? What seems to be a ridiculous suggestion at first glance has been proven to be a definitely sensible approach to losing weight without being forced into disproportional abstinence.

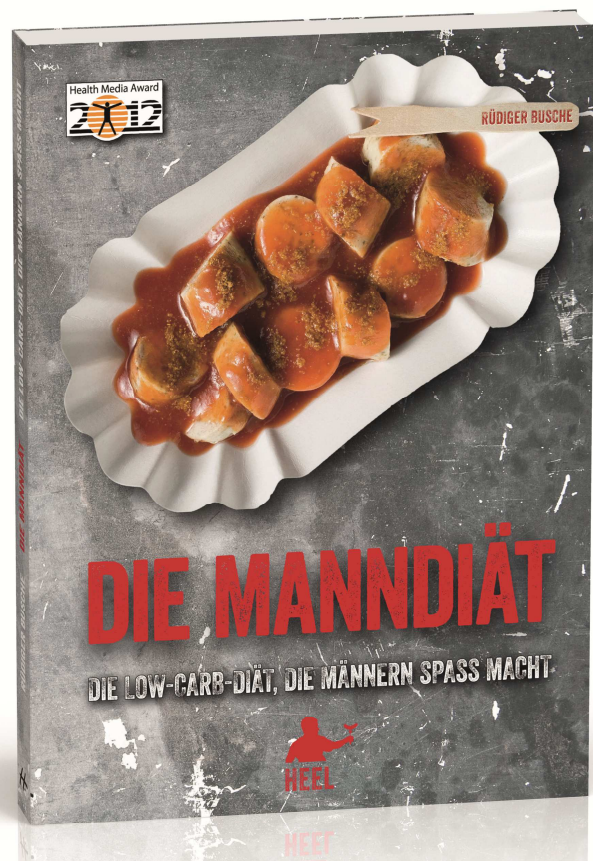
The author himself, prize winner of the *Health Media Award 2012*, has lost 30 kilos by following his own diet after all other common methods usually recommended had failed on him. He noticed that men have other nutritional necessities than women; hence they need a different diet! His "Diet for Men" is based on the reduction of carbohydrate, according to the findings of American medicine Dr. Atkins in the 1970s, understanding that fat supplies flavor but is not fattening without the supply of carbohydrate at the same time.

Instead of complete abstinence his diet with more than 80 diversified and delicious recipes leave you feeling full and content. The crucial point is how you prepare those dishes. For instance, a Schnitzel can be prepared with almond flour instead of breadcrumbs; a white sauce can taste delicious without cream. You can even enjoy the typical German Currywurst - just pay attention to the way the tomato sauce is made up!

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