

Author of a New Recipe Ebook Claims UK 'Obesity Crisis' can be Solved with 'Real Food'

The publisher of the ground-breaking book, 'Losing Weight is a Healing Journey' has today launched a new recipe ebook called 'Katrina's Weight Loss Recipes'.

LONDON, UK, July 4, 2014 /EINPresswire.com/ -- The publisher of the ground-breaking weight loss book called, 'Losing Weight is a Healing Journey' has today launched a new recipe [ebook](#) called 'Katrina's Weight Loss Recipe'.

This recipe ebook has been created to help women lose weight naturally, without deprivation, diets or drugs.

The ebook comes as a startling response to the prediction by the UK Government that half the UK population will be obese by 2050.*

According to Professor David Haslam Chair, National Obesity Forum, "It should come as no shock that obesity is one of the biggest threats to the UK, not only in terms of individual and collective health, but in terms of financial cost and societal impact."

[Author](#) of Katrina's Weight Loss Recipes, Katrina Love Senn, claims that "women can transform their lives by making simple changes to their lifestyle and eating habits."

Katrina is well aware of the physical, mental and emotional challenges suffered by women with weight problems.

Just days before her 20th birthday, she had a complete body breakdown after years of comfort eating and over-riding her body.

At the time she was 60 pounds overweight and struggling with a host of chronic ailments including asthma, eczema and adrenal exhaustion.



Katrina's Weight Loss Recipes Ebook

After being bed-ridden for weeks, she turned her focus to healing her body by eating 'real food'. She lost all of her excess weight and has kept it off for 15 years now as well as healing her chronic ailments.

Today, Katrina Love Senn spends her time inspiring women all around the world to listen to their bodies and create a body and life that they love.

Katrina's Weight Loss Recipes features 44 easy-to-follow vegetarian recipes, which have been specifically created to help women lose weight naturally.

Katrina compiled this collection of simple and easy to prepare recipes to encourage women to eat more 'real foods' so that they can experience more health and vitality in their lives.

From tasty soups and salads, to easy-to-make main meals, and heavenly desserts and drinks, there is something to suit every taste and occasion.

Katrina's Weight Loss Recipes ebook, is available globally on Amazon Kindle and is packed with delicious recipes that use real food.

To order: 'Katrina's Weight Loss Recipes: 44 Fast and Fabulous Vegetarian Recipes for Natural Weight Loss and Healing' visit <http://bit.ly/1otUdyE>

The ebook is priced at \$9.99 USD.

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Notes to Editors:

FREE ebooks are available for magazine or online giveaways. Contact us directly at: support@katrinalovesenn.com

* National Obesity Forum. State of the Nation's Waistline (PDF, 268kb). January 2014

KLS Global inspires women all around the world to create healthy bodies and lives that they love.

Press release courtesy of Online PR Media: <http://bit.ly/1qv7Mzv>

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This press release can be viewed online at: <https://www.einpresswire.com/article/212370348>

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