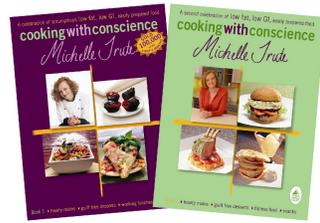


Special Offer for *SlimMinds*™ website visitors

International Best Selling Low Fat/ Low GI Cookbooks



A balanced lifestyle is of utmost importance, made up of the correct balance of food ,exercise and enjoyment.

Understanding a balanced diet is not as hard as you may at first think, just thinking Lower GI (Glycaemic Index) foods is a great start. This incorporated with regular exercise & my recipes is how Leanne Cronin lost over 100kg, and I lost 25kg initially myself and have kept it off for many years, the recipes are so simple and you already have the ingredients in your kitchen.

Both my best selling cookbooks have literally helped over 100,000's people internationally to eat better & stay focused. Its easy, the lower the GI of the foods the more your hunger stays at bay, and the lower the GI the more sustainable energy you have which is ideal for our kids at school & university. They are endorsed by Diabetes Australia, hospitals & health care professionals all over the world.

Cooking with Conscience Books 1 & 2 have chapters to suit everyone, kids love the "Kinda Kids" & "Kids Parties" chapters, we have a "fitness foods" chapter ideal for anyone taking time to exercise at any level, for the shift workers we have "working lunches" (the nursing community are big fans of this one) as well. We love Asian foods so I have a chapter just for that, snack ideas have there own special place as does "A bun In the Oven" for the girls that are expecting. Vegetarian food & vegetable ideas are throughout the books as is the everyday meals for lunch and dinner.

And yes, you can enjoy desserts, slices & biscuits...if you are a bit handy with a knife I also show you how to make some simple garnishes to make your food attractive on the plate. Breakfast, soups, starters are all there and a very special chapter called "Darby & Joan" with meals just for 2.

The recipes in my books are always different from what I do on radio, television and in the print media so you have no fear of double ups! I have put this offer together for you to help you make better meal choices that will enrich your health even more. They will never leave your kitchen bench & also make great gifts.

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