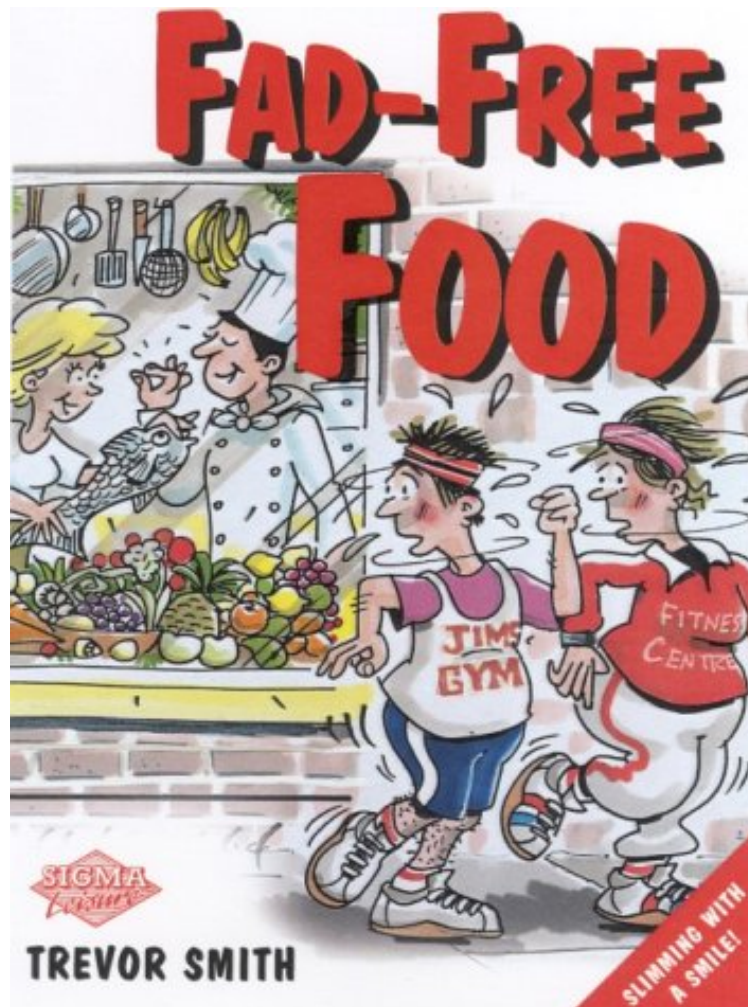


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## Fad Free Food: Slimming with a Smile!

Trevor Smith

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**Trevor Smith : Fad Free Food: Slimming with a Smile!** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fad Free Food: Slimming with a Smile!:

Food is fun, and being healthy doesn't make it any less so. This book is clearly presented and illustrated to drive home the message. It also provides up-to-date information on the latest scares including BSE and E coli plus a clear account of the benefits and risks of genetically modified food.