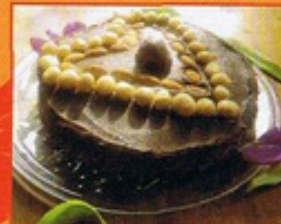


Raw Chocolate Brownie



Raw Chocolate



Raw Chocolate Love Cake



Raw Chocolate

Why should you eat raw food?

Eating a diet high in raw food allows you to fuel your body in the best and most natural way. Raw food literally bursts with nutrients and oozes enzymes which leaves you feeling great! Cooking your food over 38 degrees destroys these essential nutrients, which are required by the body to function at its peak.

Workshop Dates

- Chocolate For Lovers! - 11th February. £60 per person or £99 per couple. Near London
- Raw Chocolate Goddess Training - 10th March. £65. Brighton
- Raw Chocolate Goddess Training - 7th April. £65. Brighton
- Total Raw Food Day - 5th May. Price and location TBC
- Raw Chocolate Goddess Training - 9th June. £65. Brighton

t: 0700 340 1233 info@totalrawfood.com www.totalrawfood.com



50 Ways to Lose Weight with Gillian McKeith

Contents

PAGE 21



3 Welcome
How to become a happier, healthier you in 2007

6 How healthy is your diet?
Our fun quiz pulls no punches...

8 Eat these, lose weight
Introducing the good foods that will change your life – for the better

13 Eat these, put on weight
How to recognise and avoid food that's simply bad for you

16 Read the label
Scan the small print for the healthiest supermarket deals

21 Food combining
Why you should eat the right foods at the right time

24 Eat as much as you like
Gillian's Abundance Diet will fill you up and make you thinner!

27 Guilt-free meals
How to get the most out of a low-GI diet. Plus, 13 quick and tasty recipes

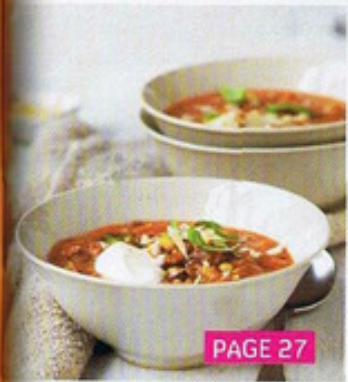
50 Gillian's quick tips
A few ideas to keep you healthy



PAGE 8



PAGE 16



PAGE 27



PAGE 6

Editor: Lucy Searle / Features: Sandy Cadiz-Smith Art Director: Martin Cotterell /
Picture Editor: Owen Gale / Photography: Owen Gale & Martin Cotterell /
Chief Sub-Editor: Beth Myers / Sub-Editors: Lorraine Griffiths & Simone Castello
4homes magazine is jointly published by Media 10 Ltd and Channel 4 Consumer Products, 224 Haverley Road, London SW1P 2TX
(020 7336 4444). Neither Media 10 Ltd nor Channel 4 Consumer Products accepts any liability for views expressed by contributors
or claims made by advertisers.

