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## **Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...**

In Eat Great, Lose Weight, she explains the food-combining plan she calls "Somersizing": eliminate "funky foods" such as sugar ("my body's greatest enemy") and white

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flour; eat fruits alone  
on an empty stomach;  
eat proteins and fats  
with vegetables and  
without carbohydrates;  
eat carbohydrates with  
vegetables and without  
fat.

## **Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...**

Suzanne Somers' book,  
Eat Great, Lose Weight  
is a way of life...not a  
diet. I have had an  
extra 15-20 pounds on

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me since the birth of my son. He is 11 years old today.

Approximately 3 1/2 weeks ago I took the Suzanne Somers journey and modified my diet according to the book.

## **Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods ...**

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September 18, 2019  
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denial-and the failure rate-of dieting better than Suzanne Somers. The Three's Company and Step-by-Step star struggled with her weight for twenty years.

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The Pros of Suzanne Somers Diet There are a lot of health benefits connected with weight loss. These include a decreased risk of type II diabetes or cardiovascular disease.

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About Suzanne Somers' Eat Great, Lose Weight "Life's best memories come from around the table. This is why I love Suzanne's book. If people follow her suggestions, they will learn to enjoy food again, which is a great gift."—Pino Luongo, author of A Tuscan in the Kitchen



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Alan Hamel, Producer:  
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**Nothing Personal. Alan Hamel** was born on

June 15, 1936 in Toronto, Ontario, Canada. He is a producer and actor, known for Nothing Personal (1980), Somersize Part 1, Suzanne Somers: Eat Great, Lose Weight (1996) and Somersize Part 2, Suzanne Somers: Think Great, Look Great (1996). He has been married to Suzanne Somers since

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November 11, 1977.

## **Alan Hamel - IMDb**

According to Suzanne, somersizing is not a diet but a “weight loss solution” Diets are short term and don’t always last. The Suzanne Somers Diet is a practical lifestyle choice and not a short term fix. Somersizing is about making you love food again without the starvation and food restrictions of

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traditional dieting.

**Suzanne Somers  
Diet Review - Does  
Somersizing Really  
Work?**

by Suzanne Somers.  
I've tried every diet in  
the world. The shakes,  
the calorie counting,  
the packaged foods,  
the fasting, the  
grapefruit, the cottage  
cheese, the celery...  
Off I'd go on my path  
toward deprivation --  
all in the name of

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being thin. What I really wanted was to find a way to eat healthy, nutritious, yet flavorful foods in substantial portions and still lose weight.

## **Eat Great, Lose Weight - InnerSelf.com**

Synopsis. Presents a plan for healthy eating designed to help readers lose weight and keep the pounds off, offering a



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**Eat Great Lose Weight**  
nutritional approach to eating designed to reprogram one's metabolism and promote fitness. From the Inside Flap. No one knows the self-denial--and the failure rate--of dieting better than Suzanne Somers.

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