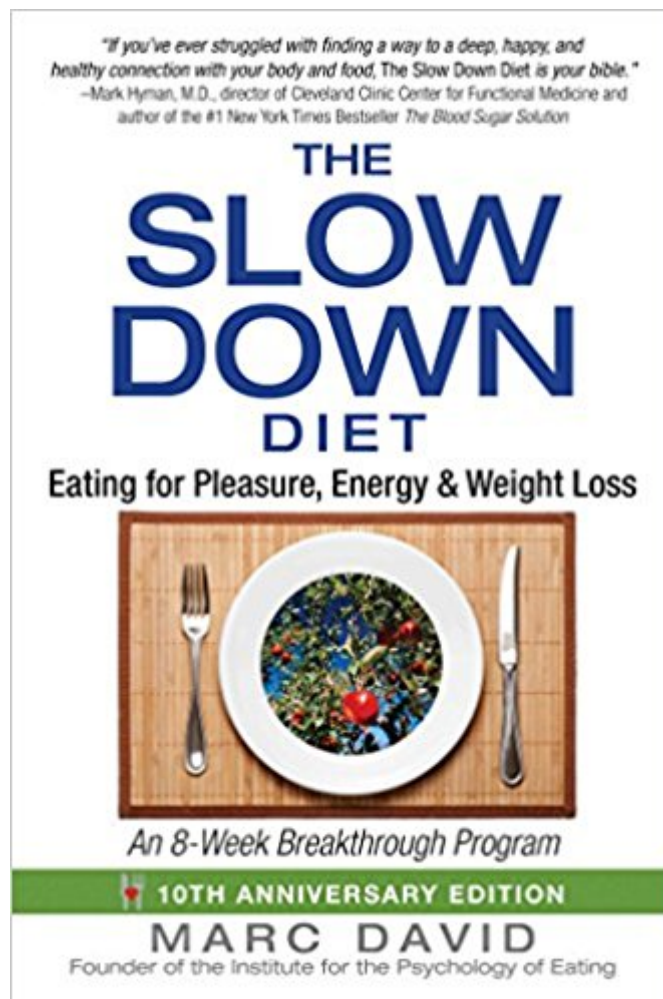




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# The Slow Down Diet: Eating For Pleasure, Energy, And Weight Loss



## Synopsis

A revolutionary approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being

- Presents an eight-week weight-loss program
- Explains how relaxed eating stimulates metabolic function and how stress hormones encourage weight gain
- Shows how fully enjoying each meal is the optimal way to a healthy body

Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In this 10th anniversary edition, Marc David presents a new way to understand our relationship to food, focusing on quality and the pleasure of eating to transform and improve metabolism. Citing cutting-edge research on body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. He presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as “the right way to lose weight is to eat less and exercise more.” He shows instead how to decrease cortisol and other stress hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. Drawing on more than 30 years of experience in nutritional medicine, the psychology of eating, and the science of yoga, Marc David offers readers practical tools that will yield life-transforming, sustainable results.

## Book Information

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## Customer Reviews

" If you've ever struggled with finding a way to a deep, happy, and healthy connection with your body and food, The Slow Down Diet is your bible." (Mark Hyman, M.D., director of Cleveland Clinic Center for Functional Medicine and author of the #1 [New York Times](#) bestseller *The Blood Sugar Solution*) "Marc David is a master of transformation. He helps us see the underlying reasons why we eat the way we do and lovingly helps us move through the behaviors that don't serve us. In a world of fad diets and insane trends, Marc's teachings are timeless, relevant, and effective. Slow down and enjoy a book that will change your life." (Pedram Shojai, OMD, filmmaker and founder of [Well.Org](#)) "Finally, a diet book that works! The Slow Down Diet by Marc David is a classic. It is a book that will take you from where you are to where you want to be. A must read for anyone looking to achieve a higher health potential." (Dr. Fabrizio Mancini, author of *The Power of Self-Healing* and Media Healthy Living Expert) "The Slow Down Diet is a metabolic masterpiece integrating body, mind, and spiritual wisdom like only Marc David can do! An inspiring read for all those interested in nourishing a healthy, loving, and peaceful relationship with food." (Kathie Madonna Swift, M.S., RDN, LDN, FAND, and coauthor of *The Swift Diet: 4 Weeks to Mend the Bell*) "Rushed, mindless eating creates weight-loss resistance. The Slow Down Diet provides an easy-to-apply, work-anywhere, 8-week plan that helps you relax, reduce stress, and savor every mouthful while burning fat and optimizing health." (J. J. Virgin, nutritionist and author of the bestselling *JJ Virgin's Sugar Impact Diet*) The Slow Down Diet: Eating for Pleasure, Energy & Weight Loss takes the opposite approach. "The dizzying pace at which our culture propels itself is contrary to a happy and healthy life," writes Marc David, founder of the Institute for the Psychology of Eating. "When moving through life too fast we inevitably eat too fast, which destroys our metabolism and creates digestive upset." The tenth anniversary edition of The Slow Down Diet is designed to help the reader "stop fighting food and start embracing it," not by supplying a series of recipes but instead by presenting ways to recalibrate your metabolism based on such concepts as relaxation, awareness, rhythm and pleasure. The idea, says David, is to "empower yourself to explore your unique

relationship to food, to let go of fear and guilt, and to be with your body in a dignified and loving way. (Lisa James, Energy Times, December 2015) “The Slow Down Diet provides us with the missing link about metabolism that sets us free to enjoy food more than ever while also losing weight and getting healthy. Thank you, thank you, Marc David. (Christiane Northrup, M.D., author of Mother-Daughter Wisdom: Understanding the Crucial Link Between)

Marc David, M.A., is the founder of the Institute for the Psychology of Eating and a leading visionary and teacher in nutrition and personal transformation. He has taught in many settings, including Harvard University, the Institute for Functional Medicine, Canyon Ranch, and Kripalu Center for Yoga and Health. His work has been featured on CNN and NBC and in publications such as the New York Times, Chicago Times, McCall’s, Glamour, Elle, and Yoga Journal. He lives in Boulder, Colorado.

This is one of the most unusual books about managing our eating habits I’ve come across. The author doesn’t separate body and soul but shows how they are two sides of the same coin. And he does it in a beautifully written and lyrical way. Far from being another dry health book, this often reads like a poem. Many diet books try to convince us to make the effort of rationing carbs and proteins, etc. I’m tired of having to wrap my mind around something like a mini science/nutrition course to get healthier! Thankfully, Marc David doesn’t do that. He separates his dietary advice into eight interesting aspects, one for each week of his two month course, which I’ll do my best to summarise below.

- 1) Relaxation. This is the importance of eating slowly, with your full attention, while you’re relaxed and happy.
- 2) Quality. Instead of stressing about which of the myriad diets we should try, simply elevating the quality of our food may be the way to go. David explains how the food we ingest actually speaks to the cells of our bodies. I like his advice that instead of going flat out fanatical about it, we should aim for an 80% quality food target each day. It’s counter-productive when the stress of searching for the best quality food neutralises its good effects.
- 3) Awareness. We should focus on the pleasure we take from the flavours and aromas of our food and drinks, rather than wolfing it down on auto-pilot. He convincingly argues something I’ve often heard dieters say as a joke. Would you believe our thoughts actually can be fattening? It seems that using self-denial while fantasising about forbidden foods may not be all its cracked up to be. We might as well eat the treats with mindful gratitude.
- 4) Rhythm. In this section, he looks at the human body temperature at different phases of the sun, when it comes to timing our meals. In particular, he explains why eating smallish portions during the day, followed by a large main meal at night when we’re hungry, can

create problems.5) Pleasure.Science has shown that when the pleasure factor is taken away, the nutritional value of a meal plummets. So this is a good chapter for those of us who deny our taste buds by eating spartan, non-tasty food.6) Thoughts.Each eater metabolises an identical meal quite differently from others at the table, according to our unique thoughts. It's handy to know that digestion is limited by toxic thoughts of any kind. We should stop labeling different foods 'good' or 'bad' for a start. David talks about our 'inner pharmacies' secreting chemicals to our bodies based on positive and negative thoughts. Even junk food eaten with a happy mind set may give us more benefit than superfoods with a negative mind set.7) Story.The stories we tell ourselves are like powerful drugs that ignite our metabolism and create our biochemistry, so we should tell ourselves good ones. He makes some fascinating quotes, such as, 'Our DNA is the biochemical equivalent of a story.'8) The Sacred.In this chapter, he sets out to show that what people sometimes call miraculous phenomenon may actually be latent biological traits which are activated when we're touched by the divine. The eight sacred metabolisers he mentions sound similar to the fruits of the spirit mentioned in the Bible. As we create our body chemistry instantly, we might as well be sure it's what we want. Just as God said, 'Let there be light,' we often don't stop to consider that we may be saying, 'Let there be anger,' or 'Let there be fear,' or 'Let there be discord.' According to Marc David, even partial negativity may undernourish the soul and rob the body of nutrition.He winds up with an eloquent plea for us to allow the language of the soul and sacred things back into science and medicine. Although I haven't put this book to the test yet as a weight loss program, it rings true and convinces me not to focus on superficial aspects such as calories and personal appearance anyway. I'm sure I'll use it as a reference often. I hope you'll take my brief sentences or paragraphs above as an invitation to read something far more profound and original. And if I do lose a bit of weight by embracing all this, I'll be recommending it all the more.Thanks to the publisher, Inner Traditions, for providing me with a review copy.

This book gets into our attitudes about eating and how our body works when digesting food. Fascinating to learn my attention (or lack of it) is a factor in my body getting the nutrition it needs. I'm about halfway through the book now (he suggests reading it over 8 weeks) and I'm really enjoying it.

I knew this inside somewhere but to read the words was feeding my soul. I'm not a huuuuge eater but I'm bigger than I should be. When I traced the pattern, I put on weight when I'm in negative states although my appetite never really changes. It was nice to hear 'there are no good and bad

foods'. Food is mutual. It is the dose that maketh the medicine. Thank you!

This book is exactly what the world needs right now, with so many people stressing about what they're eating. It's a breath of fresh air and a weight off of our shoulders to learn to slow down and take pleasure in our food. Thank you Marc David!!!

This was a totally different type of "diet" book. I highly recommend it to anyone frustrated with trying to diet for whatever reason. It's not about what you eat. It's about how and why you eat and what food does for and in your body. Informative enough for professionals and easy enough to follow for anyone.

I was just recently turned on to Marc David-and am about halfway through his other book "Nourishing Wisdom"...Although I haven't read this one yet-if it is anything like the other-it will really make you think.

This book is having the greatest impact on my life and eating than anything I have read or experienced in the last 50 years. I'm incredibly grateful to Marc David for putting his ideas down on paper and sharing them. I highly recommend it.

The last diet book you will ever read. A true masterpiece! Thank you Marc David.

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