

A Guardian Book

FIBRENETICS

A woman with dark, curly hair, wearing a blue long-sleeved dress, is smiling and holding up the word 'FIBRENETICS' with both hands. The word is written in large, blue, sans-serif capital letters, arching over her head. The background is a solid red color.

*A Fresh Start
For Life*

GILLY SMITH

NOT FOR
RESALE

Everyone knows we should be eating fibre for better health, but how many of us know that a high-fibre diet is also important for feeling good and looking great? And where can we find it, how much should we eat, how can we make it part of our everyday diet for life?

Fibrenetics has the answers to all these questions and more. A guide to healthy eating for everyone who wants to get the most out of life, *Fibrenetics* will show you how your body uses fibre to help protect against illness and cleanse the system.

Fibre is the key to a healthy diet, and *Fibrenetics* can help you unlock the door to vitality and zest for life. Packed with tips, recipes and information, *Fibrenetics* is *the* essential guide and could be all you need to make a fresh start for life.

£4.99