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The Slow Down Diet Marc David 9781594770609

Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In The Slow Down Diet Marc David presents a new way to understand our relationship to food, focusing on quality and the possibilities of pleasure in eating to transform and improve metabolism.

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In October 2015, the San Jose Registered Dietitian Nutritionist Book Club met to discuss "The Slow Down Diet" by Marc David. The book, celebrating it's 10th anniversary, includes an eight-week program designed to produce weight loss while promoting eating pleasure and energy levels.

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The Slow Down Diet Home Facebook

The Slow Down Diet June 10, 2017 Our frame of mind directly impacts metabolism to such a degree that what we think and feel profoundly influences how we digest a meal.

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