

Slim Down Now: Shed Pounds and Inches with Pulses -- The New Superfood

By Cynthia Sass

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Cynthia Sass, *New York Times* bestselling author of *S.A.S.S. Yourself Slim* and coauthor of *Flat Belly Diet!*, introduces a new superfood that holds the power to whittle your waistline in no time. Called “pulses,” this unique class of protein-rich carbs includes lentils, chickpeas, and many varieties of beans. By incorporating just one serving of these supershredders into your daily meals, you’ll burn more fat, feel more full, and have more energy. The weight will come off immediately, and you’ll reap the many rewards of Sass’s Pulse Plan:

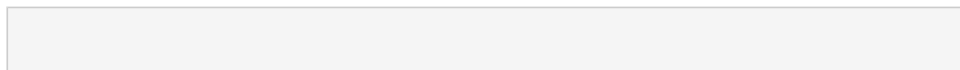
- lose up to 8 pounds in the first four days
- no counting calories
- eat carbs and still get great results (that’s right, they’re not the enemy!)
- enjoy over 100 delicious, satisfying, and affordable recipes
- adopt a less-is-more exercise philosophy focused on fun methods that don’t feel tedious or punishing
- protect your heart, lower your risk for type 2 diabetes and cancer, and improve your overall nutrient intake

“My skin looks better and the dark circles under my eyes are gone. I feel great, and I’m happy with the amount of weight I was able to lose in thirty days.”

—**DIONNE, age 43**

“I think the Rapid Pulse really did reset my system. Flavors became more prominent (I can actually taste the sweetness in tomatoes!), and I’m now eating less because I can pay attention and stop when I’m full.” —**YADIRA, age 39**

“Throughout the thirty days, I felt confident because I knew I was getting healthier and my body was changing. My husband also lost 10 pounds by loosely following the plan with me. He was surprised that he could lose weight while eating healthy meals that tasted great with bold flavors.” —**AMY, age 28**



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Editorial Review

Review

“... a cutting-edge diet that delivers incredible results. The foundation of her food plan are “pulses,” which promote the growth of your good gut bacterial flora, which turn on your fat-burning genes, promote vibrant health, and prevent disease. *Slim Down now* is a must read.” (**Gerard E. Mullin MD**, Associate Professor of Medicine at the Johns Hopkins University School of Medicine and author of *The Gut Balance Revolution*)

From the Back Cover

Get ready to put aside all your calorie counting, appetite suppressing, no-pain-no-gain diets. Cynthia Sass, author of *S.A.S.S. Yourself Slim* and coauthor of *Flat Belly Diet!*, introduces the surprising superfood that is the secret to weight loss. Called “pulses,” this unique class of protein-rich carbs (including filling and satisfying lentils, beans, and chickpeas) actually boosts calorie- and fat-burning, whittles away belly fat, prevents snack attacks, and creates long-lasting energy. Plus, they’re gluten free, readily available, and affordable!

In *Slim Down Now*, Cynthia Sass reveals the scientifically demonstrated power of pulses, which she has incorporated into a dynamic, flexible weight-loss plan that focuses on how these supershredders can ultimately transform your body.

The 30-day challenge asks you to put aside your usual weight-loss methods and adopt an entirely new approach to food, health, and weight management. You start with the four-day Rapid Pulse, where you make one simple recipe (a pudding!) daily for four days . . . but in those four days, you’ll lose up to 8 pounds! Then, you move on to the Daily Pulse, a 26-day program where you include one serving of pulse each day. Sass’s plan includes a simple DIY meal-building strategy you’ll love, as well as delicious, deprivation-free recipes, including a savory veggie quiche, garlicky shrimp scampi, and even oven-roasted potatoes. In fact, there is an entire chapter on desserts, including mouth-watering brownie bites and mini pumpkin spice muffins. The meal plan includes grocery lists and restaurant options and can be followed by gluten-free eaters, vegans, vegetarians, and omnivores alike.

In addition to this new approach to eating, Sass reveals that less exercise rather than more can actually be the key to successful weight loss. Forget feeling pressure to spend hours on an elliptical or at exhausting boot camp classes. With this program, exercise becomes a more organic part of your day, rather than that nagging item on your to-do list. Bonus: you’ll also learn a simple five minute technique that will boost your mood and overall happiness.

Sound too good to be true? We promise it’s not. Get started today, and see the pounds melt away.

About the Author

Cynthia Sass, MPH, RD, is a registered dietitian, the sports nutrition consultant to the New York Rangers and New York Yankees, and the nutritionist behind and coauthor of *Flat Belly Diet!* as well as the author of the *New York Times* bestseller *S.A.S.S. Yourself Slim*, among other books. She is the contributing nutrition editor at *Health* magazine and appears regularly on national television programs including *The Today Show*, *Nightline*, and *The Doctors*.

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