

Your body eats more cleverly than you think it can.



Patric Heizmann
Eating Allowed!
[Essen erlaubt!]

Heyne Taschenbuch
224 pages
Format 11,8 x 18,7 cm
October 2015

Patric Heizmann, born in 1974, knows from years of personal experience as a fitness and nutrition expert what people who want to keep their weight under control need most. With his bestseller *Then I Am Slim*, he made a name for himself as a "travel guide through the nutrition jungle".

Proper nutrition would actually be quite simple: mouth open, food in, chew, swallow, and the body does the rest of the work automatically. This has been done for eons by all living beings, without thinking – except for humans. Yet we need only pay attention to the signals of the body, because the body knows what healthy food is.

Unfortunately the body does not say this exactly in so many words, which is why we have to learn to understand what it wants and what it does not. The decision-making process is part of an eternal duel: mind against stomach. And which one is right? Patric Heizmann explains this entertainingly, understandably, and with plenty of charm.

- A grand mix of nutrition entertainment and health coaching

Press

"This is truly fun and somehow stimulates an appetite." *rtv*

"A very entertaining and humorous advice book, filled with wit yet with the earnest goal of having us reconsider our behaviours." *Welt Online*

"Entertaining, enlightening – with much humour." *Hessische Allgemeine*

