

Download Tom Kerridges Dopamine Diet

Michelin-starred chef Tom Kerridge explains how to diet by keeping all of the good stuff and none of the boring stuff. Tom Kerridge has positively transformed his life over the past year: he shed over one hundred and forty pounds and got his weight firmly under control. Tom Kerridge's Dopamine Diet My low-carb, stay-happy way to lose weight About Tom Kerridge's Dopamine Diet. Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is assured to make you feel happier in the process. Famed as the Tom Kerridge diet, the 'happy' weight loss plan is making headlines. But does the dopamine diet work? Our dietitian investigates... Billed as the weight loss regime that boosts mood too, this diet is all about increasing levels of the 'happy hormone' dopamine in the brain at the TOM KERRIDGE'S Dopamine Diet saw the chef shed a whopping eleven stone. The diet plan focuses on foods that make us happy to help us keep the weight off., Tom Kerridges Dopamine Diet.

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