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Now available in Paperback!
SLIM DOWN NOW
Shed Pounds and Inches with Pulses – The New Superfood
by Cynthia Sass

**From Acclaimed Nutritionist and *New York Times* Bestselling Author
Cynthia Sass, a Revolutionary Approach to Weight Loss that will Radically Transform
the Body and Boost Energy—Without Feeling Deprived!**

Weight-loss guru and nationally acclaimed nutritionist Cynthia Sass shuns traditional weight loss methods that focus on deprivation and deny the body of nutrients. In her newest book **SLIM DOWN NOW: Shed Pounds and Inches with Pulses – The New Superfood** (HarperOne; March 2016; Paperback; \$15.99; ISBN 9780062311849) Sass, the co-author of *Flat Belly Diet!* reveals a new, groundbreaking strategy that will allow readers to enjoy healthy foods, feel satisfied and energetic, and lose weight at the same time. Through a thirty-day eating plan broken into two phases—the first of which boasts up to a loss of eight pounds in four days—Sass challenges readers to adopt a new approach to food, overall health, and weight management.

In **SLIM DOWN NOW** Sass introduces America to “pulses,” an umbrella term for lentils, beans, and peas. Why “pulses?” And how are these foods, which you may already have in your cupboard, suddenly superfoods? Because pulses have become the “it” food group of the moment, due to exciting and emerging research about their incredible weight loss and health benefits. The United Nations chose pulses as the international food of the year for 2016, but that’s not the only reason they’re hot. Pulses are on trend because they’re naturally gluten free, plant-based, protein and antioxidant rich, affordable, readily available, consumed in nearly every ethnic cuisine, and incredibly versatile: they’re easy to include in both savory and sweet dishes. While the term pulse is widely used around the globe it’s just now catching on in the U.S. because of the rising popularity of pulses, and the research behind them.

On the weight loss front pulses are a key-component in Sass’s eating plan because of studies about their ability to boost calorie and fat burning and whittle away belly fat, all while upping satiety and curbing appetite. Pulses also protect the heart, lower the risk for Type-2 Diabetes and cancer, and improve overall nutrient intakes. Integrated into Sass’s unique and flexible meal-building weight loss strategy, pulses contribute to a nourishing, energizing, and mouthwatering plan that kicks off with a 4 day Rapid Pulse pudding (yes, pulse pudding!), in flavors including dark chocolate, ginger fig, and mango cinnamon vanilla.

The 26 day Daily Pulse phase incorporates one serving of pulse daily, either as the lean protein, in dishes like lemon pepper hummus, Moroccan lentil soup, and black bean tacos, or as a protein-rich starch add-

(more)

on, in meals like a California omelet with black beans, chicken cacciatore with cannellini beans, pesto salmon with lentils, and turkey chili with pinto beans. Sass even included desserts that incorporate pulse, such as pumpkin spice muffins, brownie bites, and cherry coconut pulse pops.

Including easy-to-prepare recipes, meal plans with shopping lists, a nontraditional exercise regimen, and a simple five-minute mindfulness meditation technique that will enhance overall happiness and weight loss results, **SLIM DOWN NOW** also contains tips to help the busy reader stick to the plan and ensure long-term success, including:

- Dining out and on-the-go options, make ahead meals, and freeze and reheat options
- How to navigate social events, holidays, and vacations
- How to defeat food cravings and conquer emotional eating
- How to put meals together DIY style, or order from restaurant menus, using the easy to remember “wardrobe analogy” (e.g. build your meals like you build your outfits), which includes a handy illustration and cheat sheet

The flexible plan can be followed by vegans, vegetarians, flexitarians, and omnivores, as well as by those who avoid gluten, dairy, and soy. Helping readers establish a consistent, long-term eating pattern rather than a short-lived fad diet, Sass provides a cutting-edge plan that will help readers feel amazing, achieve their desired weight, optimize wellness, and maintain results long-term. Including recipes for healthy, balanced, hearty dishes, along with advice on maintaining optimal health, **SLIM DOWN NOW** reveals the secrets to ditching the diets, embracing energy and good health, and reaching one’s ideal weight without deprivation.

About the Author

Cynthia Sass, MPH, RD, is a registered dietitian, the sports nutrition consultant to the New York Yankees, and the nutritionist behind and coauthor of *Flat Belly Diet!* as well as the New York Times best seller *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 *Today*, *Nightline*, and *The Doctors*.

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