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# 'The Eve Way' Story

Discover 'The Eve Way'  
philosophy and healthy eating  
plan for live. Start your journey  
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[www.TheEveWay.com/discover](http://www.TheEveWay.com/discover)

## PRESS RELEASE

# 'The Eve Way' Story

Available from 1<sup>st</sup> March 2012

**How two women's amazing journey led to the development of 'The Eve Way' philosophy & how you can adopt it too!**

Sally Hunt, 38-year old wife and mother of two, has always followed her mother's wise philosophy on eating. Now, looking after her family and managing their diet using her mums approach to eating, she is delighted to share 'The Eve Way' philosophy with other women.

'The Eve Way' Story is the story of a mother and daughter, from the trauma of divorce and a cancer diagnosis to the joys of giving birth and learning to be at peace with one's body. This book details how 'The Eve Way' philosophy and healthy eating plan came about and why you need to follow it too. Not only does it enable you to remain at your ideal weight, but it keeps you healthy too, something modern fad diets ignore. And best of all its simple! Just a few key principles to learn and you can apply this philosophy forever.

If you can relate to 'The Eve Way' story, why not purchase the manual? Sally says, "The Eve Way manual is a result of a joint collaboration between my mother and me. It gives you all the tools and information you need to follow a healthy eating plan, which is nutritionally rich, and made up of seasonal local food. It includes techniques that will help you become your normal, natural weight without turning to fad diets or drastic surgery."



- Discover easy to follow secrets on how to become your natural healthy weight FOREVER
- Learn why it really is easy to follow
- Give up counting calories
- Stop feeling guilty about food and really enjoy eating again
- Free yourself from fad/yo-yo diets and constant weight checks
- Plus much, much more . . . .

**Health and well-being is more than just diet. That is why you will also find a FREE self-hypnosis CD (worth £19.99) with the manual, to help build your confidence.**

Visit  
[www.TheEveWay.com/mealplannertemplate](http://www.TheEveWay.com/mealplannertemplate) and download your free planner. This helps you plan your weekly menu and facilitates you buying the right products with space for writing your shopping list.

*"After several years of suffering from extreme tiredness, bloating, feeling sluggish and lacking vitality, it was a real relief to be introduced to 'The Eve Way' philosophy." (Emma Heywood, Director of Eve of St. Agnes Natural and Organic Skincare)*

*"By taking women back to their evolutionary beginnings where the diet comprised largely fresh, seasonal, wholesome food, 'The Eve Way' helps women work with their body rather than against it." (Dr Nicola Davies, Health Psychology Consultancy Ltd.)*