

# Category Preview Health, diet & MBS

The sector under the spotlight

**Sue Baker** looks at some of the latest trends and top picks among health, diet and MBS books



The picks for the Big Sellers section sum up many of today's health concerns. There is obesity and, as with Paul McKenna in *Freedom from Emotional Eating* (Bantam Press), the realisation that eating can be

an addictive behaviour with psychological roots. The other side of the coin, the quality of processed food, is under discussion by Michael Moss in *Salt, Sugar, Fat* (Ebury Press). Diets come and go (mostly go!), which is where Nadia Sawalha comes in with her version of a post-diet rescue plan in *Greedy Girl's Diet: Quick Fixes* from Kyle Books, in the hope of getting wavering dieters back on track. Finally the failure of the NHS, another subject that concerns everyone is discussed in *Staying Alive: How to Survive the NHS* by Phil Hammond (Quercus).

Moss' *Salt, Sugar, Fat* is the latest in a long line of diet exposés: is that why the Paleo Diet—with the emphasis on basic, non-processed food, a way of eating that almost completely shuns modern food production—is gaining in prominence year on year? Dan Green's *The Paleo Diet* from Kyle Books is a well-laid out introduction, with good recipes and lots of ways to adjust to eating without processed food and wheat and dairy. You'll also see more from the 5:2 camp, the biggest being *The Complete 5:2 Cookbook* from Jacqueline Whitehart at HarperCollins.

Jon Denoris' *The Pop-Up Gym* (Bloomsbury) is a guide to exercise anywhere and everywhere, with or without equipment, and Mark Evans and Fran Gillibrand go for the same market with *Yoga for Very Busy People* (Ebury Press). Stressed-out business people can also consult John Briffa's *A Great Day at the Office* (Fourth Estate) for more ways to improve their health and wellbeing.

Hollywood star Cameron Diaz will create a big buzz with her as-yet-untitled book on fitness and health from HarperCollins but I shall be waiting for Annie Bell's *Low Carb Revolution* from Kyle Books, seriously good food for either diet or health maintenance.

## BIG SELLERS

**Paul McKenna**  
**Freedom from Emotional Eating**

Bantam Press, January, £12.99, 9780593064078  
Paul McKenna says we need to tackle the reasons for obesity otherwise it will continue as a worldwide problem. We need to look inside ourselves to find the reasons, to ask why we eat, and learn how to overcome those inner demons. His new book aims to help readers focus on their inner problems, to solve them and learn to eat naturally.



**Michael Moss**  
**Salt, Sugar, Fat: How the Food Giants Hooked Us**

Ebury Press, January, £8.99, 9780753541470  
An exposé of the processed food industry, its greed for profit overcoming health concerns. With techniques learned from the tobacco industry, it continues to deflect the blame. Here Michael Moss points the finger at the culprits and the multiple ways they sell us salt, sugar and fat, implicating the likes of Nestlé, Coca-Cola and Kraft.

**Nadia Sawalha**  
**Greedy Girl's Diet: Quick Fixes**

Kyle Books, January, £14.99, 9780857832153  
When the diet is beginning to pall, here's a good pick-me-up with lots of ideas for sustaining your efforts and weight loss. Nadia Sawalha's food is quick to prepare, low in calories and, above all, not dull. As a seasoned dieter herself, she knows that the straw breaking the dieter's back is

lack of treats and she's included plenty that should satisfy without piling on the pounds.

**Phil Hammond**  
**Staying Alive: How to Survive the NHS: Advice from a GP**

Quercus, May, £12.99, 9781848664517  
With the NHS besieged at all levels, mistakes are being made. Dr Hammond starts with the basics of getting to see your GP, asking the right questions and how to overcome embarrassment or intimidation. From there he scales up to getting hold of your patient records to surviving and thriving after an operation. What we can do to make the NHS better before it is too late is Dr Hammond's final question.

## ONES TO WATCH



**Mireille Guiliano**  
**French Women Don't Get Facelifts: Ageing with Attitude**

Doubleday, January, £14.99, 9780857521484  
We return to the wonders of French women who are now laughing at old age. As the author points out, French women don't figure highly in the global plastic surgery figures—they know that style and confidence wins out any day, with discreet beauty treatments winning out over surgery.



**Damien McCrystal**  
**The Milk Mutation: The Hidden Dangers in our Dairy**

February, £9.99, 9781909653740  
New research is uncovering dangers in some of the milk we drink, milk from a genetically mutated strain of cows, including a protein known as A1. It has been implicated in many diet-related conditions such as diabetes and heart disease. Humans cannot digest A1 milk properly but the dairy industry has much invested in the system and so it is against a move towards A2 milk, even though it is the healthier option. Is this the next health scandal?

**Cameron Diaz**  
**Untitled Fitness and Health Book**

HarperCollins, January, £16.99, 9780007522057  
With regret that as a young woman she didn't always make the right choice in diet and exercise, Cameron Diaz sets out what she has since learned about health, for all women from their teens onwards. There's no extreme message but plenty of life lessons, ideas and advice for learning to love the body you have and looking after it. Expect a publicity storm with TV and media interviews, serialisations etc.



**Gino D'Acampo**  
**The I Diet: 100 Healthy Italian Recipes to help you Lose Weight and Love Food**

Kyle Books, December, £14.99, 9780857832368  
If you love Italian food then dieting with *The I Diet* will be no penance. Already a big success in hardback, the paperback edition should bring the book to a new audience looking for a

healthy lifestyle and weight-loss success.

**Sarah Stacey and Josephine Fairley**  
**The Ultimate Natural Beauty Bible**

Kyle Books, March, £19.99, 9780857832221  
A new edition and everything that's included has been retested and scored. Each entry also has personal recommendations, comments from testers plus ideas for creating your own beauty products.

**Si King & Dave Myers**  
**The Hairy Dieters: How to Love Food and Lose Weight**

Weidenfeld & Nicolson, June, £7.99, 9780297870432  
A rare outing in mass-market paperback for The Hairy Bikers—showing just how much their diet plan has succeeded with the public. "Real food for real people, not skinny minnies."

## DIET AND HEALTHY EATING TOP TITLE

COMPLETE 5:2 COOKBOOK

**Jacqueline Whitehart**  
**The Complete 5:2 Cookbook: 140 Delicious Recipes that Make Your 2-Day Diet Easy**

HarperCollins, January, £7.99, 9780007550791  
Comprises 140 low-calorie recipes for your two weekly fast days that will make the fasting easier to bare—there are whispers of chocolate soufflés...

**Brooke Alpert and Patricia Farris**  
**The Sugar Detox: Lose Weight, Feel Great and Look Years Younger**

Bantam, January, £8.99, 9780857502568  
Lose weight and become