

The Harcombe Diet

Welcome to our open day!

WE'RE OPENING OUR DOORS FOR EVERYONE TO ENJOY FULL CLUB MEMBERSHIP SO DO MAKE A NOTE IN YOUR DIARY AND POP IN TO SEE US. THE DATE IS:

SUNDAY, 28TH NOVEMBER 2010

We'll be open from 8am to 8pm, GMT, and hopefully that will give most people the chance to login and have a chat.

Zoë will be online and in the club most of that day so you'll get a chance to post your questions to her in the club forum.

On the day, all you need to do is login as usual and you'll have full club access. If you've received this leaflet from a friend, just register beforehand at www.theharcombedietclub.com and then login on the day.

As well as having access to the club forum, you'll have access to Diet & Health Today and the Article base, containing over 500 articles, recipes, diet tips and videos.

It's too good a chance to miss so make a note in your diary and we'll see you on the 28th!



Stop Counting Calories.

The most surprising discovery that Zoë made during her research was that there are three common medical conditions that cause insatiable food cravings: Candida albicans, food intolerance and hypoglycaemia. The first two lead to significant water retention, while all three cause general health problems as diverse as bloating, thrush, IBS, mood swings, period problems,

feeling 'foggy' and believing that your 'get-up-and-go' has got-up-and-gone! Even more surprising was that these conditions are often caused by following the current general dietary advice. So, by starting a low-calorie diet, Zoë believes you could actually end up a food addict. Zoë's 10 day plan here will rid your body of cravings and will kick-start you into the last 'diet' you'll ever need.



ENJOY eating real food in unlimited quantities. Steak, pasta in rich Italian sauce, Salade Nicoise, berries & cream, bacon and eggs are all encouraged. No more low-fat, low-tasting food here...



FEEL fitter, more energetic, clearer minded, and healthier than you may ever have felt. No more bloating, tight rings, tight jeans. Get back your 'Get-up-and-go'!



THINK about how wonderful you are being to your body by nourishing it with minerals and vitamins from nature's garden. No need nor room for unhealthy, processed foods..

THE HARCOMBE DIET CLUB

It's much more than just a club.

As well as being a great place to learn and share experiences with other members, The Harcombe Diet Club is a fountain of knowledge on many health and diet related topics.

The Article library contains hundreds of articles and videos that cover the most frequently asked questions to the most obscure. From the ultimate NLY article through to getting kids to eat their veg - all are covered in simple plain English articles, sometimes as video presentations.

DIET & HEALTH TODAY

is published fortnightly and tackles head-on the big issues raised by the current obesity epidemic. We've tackled the 'Energy Balance', 'Why do we see sweets as treats', 'Diet mind games and how to win at them' and many more challenging topics. Diet & Health Today also includes diet tips, recipes, a video presentation and a round up of club and world diet news.

Diet & Health today is exclusive to club members and is one of the most popular features of the club.



The Forum:

At the heart of The Harcombe Diet Club is the members forum: A place to get and provide help and support from other members. The most frequent observation made is the friendliness and good karma within the club - and we're very proud of that reputation.

The active forum is supported by its members and you'll find that no question is out of bounds!

Premium members also have a private forum that's supported and moderated by Zoë herself.

With plans starting from as little as £1 per month, we don't think you'll find many other health and diet clubs that offer such great advice and value and certainly even fewer that put you directly in touch with the club founder.

**Diet
And
Health
Today**

DIET AND HEALTH TODAY is a fortnightly publication that looks at the big issues raised by the current obesity epidemic. Also includes diet tips, videocasts, recipes and a review of the diet news around the world.



THE FORUM is the heart of the club where you can interact with other members, receive and offer support and take part in discussions.

**Articles, News
FAQ's, Diets,
Recipes,
Videocasts,
Tips,
Research...**

THE ARTICLE LIBRARY contains a growing list of hundreds of articles to keep even the most inquisitive mind happy. They're not just for reading; continue the learning through interaction with other members.

DID YOU KNOW?

..that 5-a-day started as a fruit & veg company marketing campaign in 1991!

..that cholesterol is so vitally important to the body that the liver makes it continually?

..that olive oil has 9 times the saturated fat of pork?

..that the main fat in lard is polyunsaturated?

..that fructose (fruit sugar) is called the fattening carbohydrate by many scientists?

..that eggs and liver are the most nutritious foods on the planet and can be eaten in abundance?

Do you honestly think that nature would put anything in real food that would harm us?

Keeping you On Track and In Shape.



THE HARCOMBE DIET CLUB DIARY - KEEPING YOU ON TRACK, KEEPING YOU IN SHAPE.

We all know how difficult it is to keep track of what we've eaten, what activities we've done and how much we've cheated. Keeping a diary can really help your weight loss and health goals by letting you analyse what you have really eaten and done.

Designed by Zoë for anyone that wants to keep a personal food diary, this diary contains 446 pages of undated plans, which allows you to start when you want, rather than when the diary wants you to start.

The Harcombe Diet Club Diary makes a great gift for anyone, anytime of the year.

Save 25% on all products sold in The Harcombe Diet Shop during the open day. Just enter the code OPENDAY10 at the checkout.

All orders placed during the open day will be fulfilled before Christmas.

Nutrition Score

Source: USDA

Spinach	91%
Liver	73%
Sardines	52%
Honey	3%
Trans Fats	2%
Sugar	0%

THE DIARY

Designed to allow you start at any time of the year, your diary contains:

Undated Monthly Goals & Results Sheets

x12

Undated Weekly Goals & Results Sheets

x52

Undated Daily Food Diaries

x365

ABOUT Zoë



Name: Zoë Harcombe

Vital Stats: Height-5'2";
Weight-8st; BMI-20-21

Favourite Colour: Red

Personal Values: Health, Relationships, Personal Development, Mutuality, Integrity

Hobbies: Spending time with hubby, walking the dog, stroking the cat, rugby, socialising.

Favourite Books: The Power of Now; The Diet Delusion; The Great Cholesterol Con

5 Words that describe me (according to Hubby): Friendly; Too bright; Enthusiastic; Principled; Passionate (& Short!)

Membership

Great value plans from as little as £1 per month.

Forum access **£1/mth**

Members **£3.61/mth**

Plus **£4.95/mth**

Premium **£14.95/mth**

All prices based on an annual subscription

Join the community, get support and lose weight.



FREE FROM SPONSORSHIP, NO CONFLICTED INTERESTS, GENUINE LEARNING.

Many support and help web sites are not quite as independent as you might think. In fact, most receive some funding from advertising, promotion and sponsorship, which influences the advice and information you read.

The Harcombe Diet Club is completely free of all external advertising and sponsorship and provides impartial advice and support. We can only do this through the subscription support from its members and hope that you think that the cause is worth supporting.

From as little as £1 per month, you can participate in the active and helpful forum.

From less than £1 per week, you also get access to the comprehensive library including videos and useful downloads plus access to 'Diet & Health Today', a truly eye-opening twice monthly publication.

To subscribe, just log in with your name and password then got to 'Settings' and 'Subscriptions' to chose the plan that best suits your needs. Thank you!

FRIGHTENING!

The number of pounds of sugar PER PERSON consumed each year in the UK

84

The number of calories consumed as flour EVERY DAY in the UK

730

The percentage of adults forecast to be overweight or obese by 2050

90