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The Hay diet, devised by an American surgeon named William Hay, involves separating carbohydrate meals from protein meals, enabling the body to digest food more easily.

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The Hay diet, devised by an American surgeon named William Hay, involves separating carbohydrate meals from protein meals, enabling the body to digest food more easily. Using an easy-to-follow outline of food combining, complete with meal suggestions and food lists, this book will explain how to recover from digestive problems, low blood sugar levels, candida, allergies, food intolerances, and other illnesses by adapting everyday eating patterns to the Hay diet. With details of symptoms in

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Jackie Habgood suffered health problems for 10 years before discovering the benefits of the Hay diet. She has since taught the subject at adult education centers and lectures widely on the subjects of diet and health awareness. She is the author of

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Writing from her own experience, Jackie Habgood shows how the Hay diet can help people who feel constantly fatigued or v

Jackie Habgood (Author of The Hay Diet Made Easy)

Jackie Habgood is the author of *The Hay Diet Made Easy* (4.10 avg rating, 21 ratings, 0 reviews, published 1997).

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