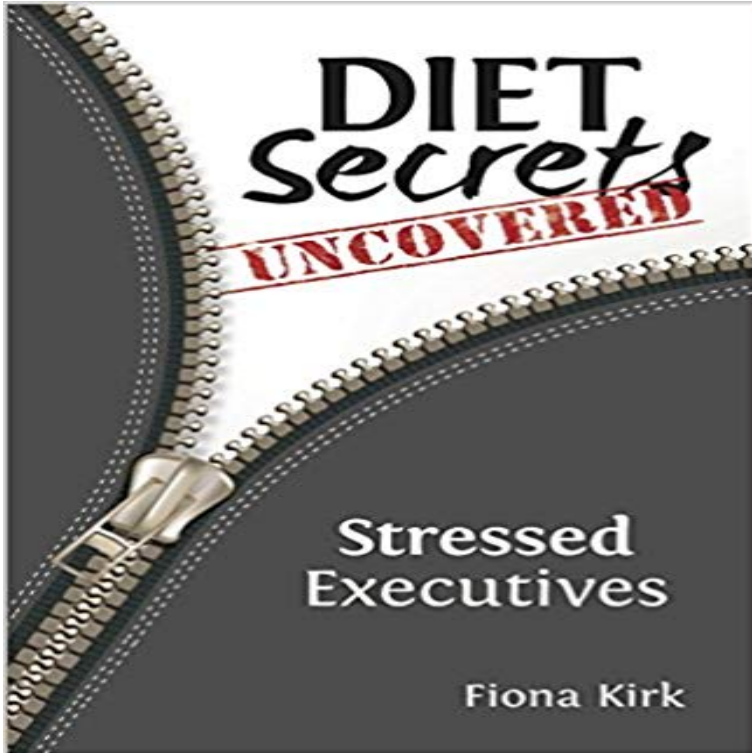


Diet Secrets Uncovered: Stressed Executives



Long working hours, timetables that change from day to day, travel commitments, poor sleeping patterns and haphazard eating habits all create stress within the body over time and ongoing stress prompts not only an increased risk of ill health but also fat storage so whats the answer? Reduce the stress? Easier said than done! How to eat to feed the stress, allowing the body to believe that it is not under threat is the secret every stressed executive needs to know.

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