The Gift of Feeling Great

Something special is coming your way...

This Christmas, I've pre-ordered you a copy of No-Nonsense Nutrition, the game-changing new cookbook by nutritionist Dominique Ludwig.

It's your expert guide to ending food noise, boosting your energy, balancing your meals and feeling your absolute best.

The book will arrive fresh off the press in February, to kickstart your health journey in 2026.

TO:



Nutritionist MSc, King's College London and Registered Nutritionist FBANT DOMINIQUE LUDWIG recipes to end food noise + feel fuller. NO-NONSENSE NUTRITION

The science-based plan to transform health, lose weight, feel amazing

FROM: