

FOOD SOBRIETY

*A whole-foods approach to weight loss
inspired by the traditional diets of
Central America*

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In the span of one generation, the people of Nicaragua—the second-poorest country in the western hemisphere—have gone from near zero obesity rates to having rates on par with the United States. What happened?

This question so captivated author Dan Fenyvesi that he left the U.S. and travelled to Latin America in search of answers. Over several years of research, including—via a Fulbright Scholar Grant—a year at the National Autonomous University in Managua, Nicaragua, Fenyvesi found that many of the solutions to Nicaragua’s obesity crisis are also applicable to North American patients.

More than a weight loss plan, Food Sobriety is a mind-body discipline inspired by the dietary traditions of rural Nicaragua. Like meditation for your palate, your taste buds achieve clarity: weight drops and vitality surges. This book is a response to, and a cure for, our obsessive, neurotic food culture. The philosophy, the recipes, and the meal planning are all easy. While your health improves you will be engaged in a spirited exploration of the intersection of diet, social justice, psychology, and history.

As *Food Sobriety* is more than a diet, Fenyvesi’s project is larger than just his book. He is a public health advocate who is using the book together with his documentary short, *A Faustian Bargain*, as a platform from which to spark dialogue, increase awareness, and work towards improved health and social justice in Latin America and the United States.

Visit foodsobriety.net for contact details, review copies, photos, and an author bio.



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