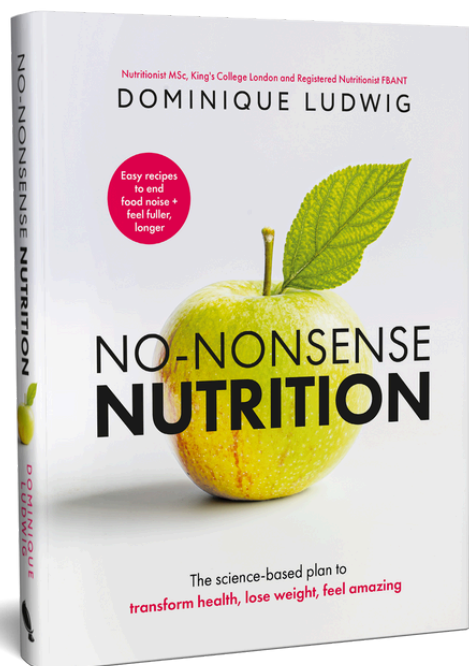


# PRESS RELEASE



## NO-NONSENSE NUTRITION

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

Dominique Ludwig

Published by Bluebird on 26th February 2026  
£26 hardback

**100 easy recipes to end food noise and feel fuller longer.**

Love food, look and feel amazing, with this life-changing guide to how to eat. The secret to feeling your best won't be found in a fad, injection, or hack. It's found in real food and a sustainable, back-to-basics approach to nutrition that results in better health, longevity, and weight loss.

In **No-Nonsense Nutrition**, acclaimed clinical nutritionist Dominique Ludwig shares her science-proven blueprint for eating, designed to reset your body and unlock your natural wellness. Her six core principles transform your health and cut cravings for good, leaving you free to enjoy life at your best. Dominique offers an enjoyable way to eat combining fibre, protein, plants, and healthy fats.

Dominique's plans have been used by thousands with incredible results.

- Boost your body's natural GLP-1, the hormone that signals fullness
- Silence 'food noise' and end the cycle of constant hunger
- Lose weight naturally learning to eat balanced plates and stop grazing
- Increase your energy and sleep better, improving your mood in less than two weeks
- Reduce inflammation and promote a healthy gut microbiome
- Promote longevity, helping us to be healthier into old age
- Includes macro counts, plans and meal prep advice

With over 100 simple, yet utterly delicious recipes, weekly meal plans and shopping lists, this book makes lifelong healthy eating easy to understand and even easier to follow. It will be your definitive guide to a healthier, happier you.



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Dominique Ludwig is one of the UK's leading nutritionists with over 20 years of clinical experience as a King's College, London qualified nutritionist, nutritional therapist and Fellow of the British Association of Nutrition and Lifestyle Medicine (BANT).

Dominique's no-nonsense, science-backed approach, combined with her calm authority and delicious meals, has resulted in a fast-growing online community of over 700,000 followers and thousands of participants to her online health and diet plans.

Dominique is regularly asked to contribute to articles in the **Sunday Times**, **T2**, **The Telegraph Magazine** and **Sheerluxe**. She has been heard on BBC radio as well as numerous podcasts. She runs a thriving clinic in the South Downs, where private clients include global business leaders, pop stars and the great and the good of stage and screen.

Dominique is one of the most established names in nutrition in the UK, this much-anticipated practical nutrition guide and cookbook is a future classic.