

Weight loss:

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Why are we fat?

We have a multi billion £ weight loss industry. It specializes in helping people count calories, eat less and exercise more. When are we going to realize that that our approach does not work for everyone!

We are all biochemically different.

Don't worry about how much you eat, because you will never be able to control that. Rather, focus on **what you eat**, the **quality** of the food you eat, the **composition** of the food you eat (high in fiber, good quality protein and fat, low in starch and sugar). Then, you won't be hungry and will shift from fat storage to fat burning.