



Your Fat Is Not Your Fault

Carol Simontacchi

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Your Fat is Not Your Fault unlocks the mystery of why achieving and maintaining your ideal weight seems like an impossible task! The reason you haven't yet beat the weight game, author Carol Simontacchi claims, is because you haven't been exposed to the real issues of poor weight management: hormone imbalance, thyroid insufficiency, deficiencies in key minerals, yo-yo dieting, and many others. In examining these factors, you'll discover that "your fat is not your fault." Explaining the principles behind our biology and metabolism, the author presents a new and healthier way to eat that is easy to understand, simple to implement, and certain to put an end to you "dieting" days forever. You'll learn: • how to stabilize your weight, while discovering that it isn't hard to be slim; • how to get your entire body, including your thyroid, working for you instead of against you; • how to balance your diet and solve the problem of binge-eating; and • how to prepare delicious and satisfying healthy gourmet meals. With Your Fat is Not Your Fault, readers will discover their own personal program of weight maintenance and healthy living that will benefit them forever.

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