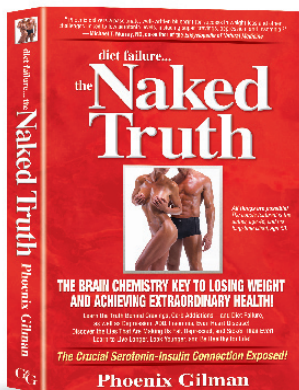


Researcher Reveals Brain Chemistry Link to Overcome Obesity—Plus Many Other Serious Health Conditions

Learn the truth. It could mean life or death.

DISCOVER...

- ▶ Why 98% of ALL DIETS inevitably fail!
- ▶ “GOT CRAVINGS?” Learn what causes cravings, emotional eating, and carb addictions, moreover, *how to safely control them.*
- ▶ Why your BRAIN continually FORCES you toward certain foods and beverages.
- ▶ Why BRAIN CHEMISTRY is the crucial key to *long-term* weight loss—and living a healthier, happier and longer life.
- ▶ How to NEVER DIET again!
- ▶ Why eating HEALTHY FATS such as cheese, eggs, and butter will NOT make you fat.
- ▶ Why eating low-fat and so-called low-carb and sugar-free foods will actually make you fat!
- ▶ The healthiest foods to eat to get that LEAN, HEALTHY, and SEXY body you’ve always dreamed of—and all without dieting, having to live in the gym, or ever going hungry!
- ▶ How to SCULPT your body in just a few hours per week, a body you’ll be proud of, especially when naked!
- ▶ What the biggest marketing SCAMS are in the food industry—and how to void them.
- ▶ How to read a NUTRITIONAL panel. *Don’t be fooled! Know what you’re eating!*
- ▶ Learn how the diet, food, and pharmaceutical industries are intentionally making us FAT, DEPRESSED and SICKER than ever!
- ▶ How to SAVE your own life WITHOUT drugs!
- ▶ Why obesity, depression, insomnia, ADD, type 2 diabetes, even high blood pressure and heart disease are so disturbingly prevalent. Learn how to greatly REDUCE your RISK, if not alleviate many of these health concerns.
- ▶ How to LIVE longer, LOOK younger and be HEALTHY for life!



All things are possible!

The couple featured is the author, age 46, and her long-time client, age 53. Discover how they can look like this without dieting, having to live in the gym, or ever going hungry! The answer lies within this book.

FACT: 98% of all attempts to lose weight inevitably fail. As reported by the CDC (Center for Disease Control), this rate of diet failure is frighteningly apparent with 127 million Americans overweight and 60 million obese. But, unlike what most health experts’ claim, diet failure is not due to lack of willpower, emotional attachment, or carb addiction.

In her new book *DIET FAILURE...THE NAKED TRUTH: The Brain Chemistry Key to Losing Weight and Achieving Extraordinary Health*, researcher Phoenix Gilman reveals why diet failure is so alarmingly common. Clinical studies substantiate that serotonin, a major neurotransmitter, plays a critical role in our ability to lose weight—and keep it off. Phoenix exposes the crucial serotonin-insulin connection to successful, long-term weight loss. She explains what causes cravings, emotional eating, and carb addictions, and more importantly, how to safely control them. However, achieving successful weight loss is just the beginning...

Phoenix says, “As the master communicator among all brain chemicals, serotonin also plays a critical role (directly or indirectly) in alleviating depression, anxiety, ADD/ADHD, insomnia, type 2 diabetes, even high blood pressure, heart disease, and suicidal behavior. This information is, with-

out a doubt, absolutely vital to overcoming obesity, depression—plus many other serious health conditions. The key, though, is knowing the many things that deplete serotonin—and how to safely maintain it.”

About the author: Entrepreneur Phoenix Gilman is an international author and weight loss/wellness expert with over 30 years of experience, from personal trainer, sports nutritionist, to researcher, consumer activist and speaker. Fed up with the misinformation and marketing scams running rampant within the diet, food and pharmaceutical industries, she vowed to make a difference. This book is the result. Her work has been recognized by many, including the Centers for Disease Control, Forbes.com, Citizens Commission on Human Rights and best-selling authors Michael Murray, ND, co-author of the *Encyclopedia of Natural Medicine* and Diana Schwarzbein, MD, author of *The Schwarzbein Principle*.



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