



Accidentally Overweight: The 9 Elements That Will Help You Solve Your Weight-Loss Puzzle

Dr Libby Weaver

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"What leads the human body to get the message that it needs to store fat and what leads the human body to get the message that it needs to burn fat?" In a dynamic, fresh approach to weight loss, acclaimed nutritional biochemist Dr Libby Weaver discusses the nine factors that cause us to either lose or gain weight. These factors include: calories, stress hormones, sex hormones, liver function, thyroid function, gut bacteria, insulin, the nervous system and emotions. Let's face it - for many people it is not a lack of education that leads them to polish off a packet of chocolate biscuits after dinner, but their biochemistry and emotions. *Accidentally Overweight* explores the role of these two factors in fat storage and optimal wellness.

Accidentally Overweight was born out of the 14 years Dr Libby spent at university, her strong scientific background in both nutrition and dietetics and her PhD in biochemistry. Libby has thousands of stories about how, what she calls the 'calorie equation' (how much you eat versus how much you move) is not the only determinant of our body shape and size. At the end of the day, if it was truly as simple as the calorie equation, everyone would be trim, taut and terrific and there'd be no health consequences because of excess body weight. This is not just another diet book - it is a life-changing way of understanding your body and health.

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Alberto Benson:

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