

## *Contents*

INTRODUCTION .....	11
CHAPTER 1 The Five Components of Successful Weight Loss .....	15
CHAPTER 2 My Story .....	21
CHAPTER 3 Celebrities with Weight Problems .....	33
CHAPTER 4 A Look at Top-Selling Diet and Health Books .....	51
CHAPTER 5 How I Came to These Conclusions .....	77
CHAPTER 6 Common Food Allergies: Weight Gain and Fluid Retention .....	85
CHAPTER 7 Candida Yeast, and Food Cravings ....	103
CHAPTER 8 The Carbohydrate Equation.....	113
CHAPTER 9 An Easy-to-Follow Low-Carbohydrate Plan.....	121
CHAPTER 10 Exercise.....	125
CHAPTER 11 Hormones .....	131
CHAPTER 12 Emotions and Weight Gain .....	137

<b>CHAPTER 13</b>	Getting Started on Your Program.....	143
<b>CHAPTER 14</b>	Typical Questions and Answers .....	147
<b>CHAPTER 15</b>	Clothes and Colors .....	173
<b>CHAPTER 16</b>	The Benefits of Losing Weight .....	175
<b>CHAPTER 17</b>	Overweight Children .....	179
<b>CHAPTER 18</b>	Testing Yourself for Food Allergies.....	185
<b>CHAPTER 19</b>	<i>The Body Knows Diet</i> Food Plan.....	191
	Daily Food Diary .....	210
	My Food & Progress Log .....	211
	Supplementation .....	212
<b>CHAPTER 20</b>	Personal Motivation .....	215
<b>CHAPTER 21</b>	Carbohydrate Gram Counter .....	217
	Food Families.....	221
	Hidden Food Sources .....	225