

Evening Health Talk

The Science of Weight Loss

Dr. John Mauremootoo of New Paradigm Health

When: Wednesday 4th March - 7:30 – 9:00 pm

Where: Old School Rooms, 1 Station Road, Congresbury, North Somerset, BS49 5DY

Cost: £2 to cover room hire

Why Most Diets Fail & How to Succeed

- *Obesity – the history of a modern epidemic*
- *Genetics is rarely to blame*
- *Why all calories are not created equally*
- *Timing – when you eat matters*
- *Exercise and weight loss - the surprising truth*
- *Do diet drinks promote weight loss?*
- *Does fasting promote weight loss?*
- *Metabolism – what it is & why it changes as you diet*
- *Why weight loss often stalls*
- *Obesogens – it's not just food that makes us fat*
- *How to lose those stubborn last few pounds*
- *Making the concept of “negative calories” work for you*
- *Foods that suppress appetite and boost metabolism*

...THE NUMBER ONE WEIGHT LOSS TIP



See www.NewParadigmHealth.co.uk for details