



You're Not Fat You're Toxic, Your Permanent Weight Loss Program

By Stephanie Relfe



You're Not Fat You're Toxic, Your Permanent Weight Loss Program By Stephanie Relfe

YOU'RE NOT FAT - YOU'RE TOXIC! Whether you want to lose 5 pounds or 500 pounds, here are the keys to permanent fat loss, without going hungry, even if nothing else has ever worked for you before! Stephanie Relfe has put everything you need to know to reduce fat forever, and to be happy, healthy and energized at the same time.

This detailed book with over 600 pages, has the exact information you need for your ideal body and health. Note that many other books are almost the same price, but have only 200 pages.

It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.

* Learn 14 ways that show why it is toxins in the food we eat, rather than calories, that are making us fat.

* Instead of presenting just one field of research, Stephanie Relfe has summarized the most important information from multiple sources, including 43 well-referenced books & documentaries. This information alone is worth \$750 by itself! Plus think of the amount of time this saves you.

* Includes additional information from modern scientific research, magazine articles and unique sources, which are combined together in one very do-able weight loss program.

* Learn many fat loss secrets that you won't find in any standard weight-loss plan.

* Improve your health & save your life. For example, the index has 41 entries for cancer, 32 entries for diabetes, 16 entries for heart disease & 9 entries for arthritis.

* Many case histories to inspire you.

- * Learn how some so-called weight loss foods are in fact causing obesity.
- * Extensive shopping list to make this program easy.
- * 45 recipes to make it easy to get going on your new lifestyle.
- * Containing revolutionary and unique ways of belly fat loss and getting slim, some of which have nothing to do with food or exercise.

Don't be a victim of the \$60 Billion per year "weight loss" fraud. Stephanie Relfe shows you many powerful reasons, backed up by scientific research, to give you the power to improve your life, and get the body you deserve, without counting carbohydrates and without being hungry. With this book, you finally have the chance to learn and understand how you have been victimized by the Food Mafia and how you can fight back. Everything you need is here. You will never need to buy another weight loss product, because you will know more than those companies do!

Outside the USA? Cheaper shipping from Relfe.net

YoureNotFatYoureToxic.com
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Editorial Review

From the Author

DEDICATION

I was travelling with my husband and son from Iowa to Florida. At one time, we stopped in a restaurant, and struck up a conversation with the young waitress who served us. Unfortunately, while she was very young and attractive, she had too much fat on her. I started to explain to her some of the simple ways that one could become slim, and stay slim, which are in this book.

She was amazed. In fact, she was so amazed that she brought five other waitresses over to hear what I had to say. They were shocked at what I had to say, and all of them eagerly soaked up every morsel of information that I gave them. My heart went out to these young girls who were trapped in bodies and a future where fat and toxins were bound to affect them in many different ways; from personal feelings of happiness, wellbeing and success to likely major health problems.

I was shocked that the mega-corporations had done such a good job of keeping simple truths from these young women and thereby ruining their lives. It was the thought of these young women, and the millions more like them, as well as all the poor little children that we see now who have fat where none should exist, that pushed me on when I did not want to keep writing and researching. I hope those young ladies get to see a copy of this book.

Stephanie Relfe

From the Inside Flap

Where the title for this book came from

My wife Stephanie had spent the better part of seven years planning, researching and writing You're not fat, You're toxic. So I was familiar with the poisons in our food, water and air and what they are doing to people everywhere. I will never forget how I created the name for her book.

We were in Australia in 2004 visiting her family. One afternoon we were shopping at the grocery store. Stephanie went searching for things on her list and she sent me to the other side of the store to find our favorite tea tree oil toothpaste. The health and personal care products were in the same aisle and as I was searching for the toothpaste, a woman walked next to me and asked me a question about the protein supplements, thinking that I was an employee.

I asked her why she thought she needed a protein supplement and she replied "I want to speed up my metabolism because I am just so fat". She was so *sad*. She said it with downcast eyes, like she was embarrassed and like she was apologizing to me for somehow offending me. I could feel how sad she felt and so I could do only one thing:

"You're NOT fat, you're TOXIC", I told her. She just stared at me. She was stunned. I continued, "You are being poisoned to death by something. It could be food, or something in your house or parasites from your animals or some other thing. It's something you need to find out about."

We talked for a short time. I told her about food and chemicals in the food. I told her about parasites and how she needed to do a cleanse to get rid of them. I told her about not eating meat, coffee or soft drinks, including diet drinks. And I told her about how microwaved food slowly kills people while making them fat. When we were done she looked happy. And she looked like she had hope. She was not embarrassed. She kind of looked mad, like someone looks when they realize they have been conned.

And so after telling Stephanie what happened, she agreed that what I told that woman would be a great title for her book. We discussed other titles and approaches, but finally settled on *You're not fat, You're toxic*.

I think about that woman sometimes and hope that what I said helped her. No one should feel sad or embarrassed about being lied to, cheated or defrauded by a system that poisons them and tries to make them feel that they are the cause.

If you are beyond your normal weight, I hope that Stephanie's book will give you a blueprint for reducing your weight and regaining your health. And I hope you will get so angry about being victimized by the Food Mafia that you will tell your friends and help them stop eating poisoned food, just like you.

Best Regards,

Michael Relfe

From the Back Cover

PRESS RELEASE

FOR IMMEDIATE RELEASE

Sherrington House Publishing

Sherrington House Announces the Release of *You're Not Fat. You're Toxic*.

FAT IS NOT ABOUT CALORIES. IT'S ABOUT TOXINS.

Palm Coast, Florida - Sherrington House is proud to offer the latest work from Stephanie Relfe, *You're Not Fat. You're Toxic*, hitting bookstores everywhere on **August 15, 2013**.

You're Not Fat. You're Toxic is an explosive expose in the fight against the worldwide obesity epidemic.

Obesity is not a disease. It's a business plan.

Mega-corporation presidents and government infiltrators worked together to plan your weight gain. It is not an accident that you are overweight.

There is no money in dead people. And no money in healthy people. They want you somewhere in the middle.

The government subsidizes toxic and addicting foods. Then the food mafia processes those foods into junk food that makes you fat and sick. Then the medical mafia sells you drugs so that you won't know how sick

you are. Then the \$68 Billion dollar per year diet mafia tells you it's your fault for not "counting calories".

You have been taught what to eat, what to drink and how to think for over 50 years. You have been brainwashed into being a slave of the corporations by the schools, books, magazines and television shows. It's a horrible, vicious project that was planned to make you sick and overweight. These corporations are killing you. You never had a chance.

Now you do!

Internationally known Kinesiologist and health expert Stephanie Relfe has created a veritable University course on fat loss. "You're Not Fat. You're Toxic" explodes the calorie counting myth and shows you exactly how weight reduction is about eliminating toxins, not about counting calories. This 650 page, hands on course makes YOU the expert and will help you get your ideal body. There are no additional courses or special products to buy.

This detailed book has the exact information you need for your ideal body. It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.

Fight the food mafia. Fight the drug mafia. And don't be defrauded by the \$68 Billion dollar a year "diet" mafia. If you or a loved one is a victim of obesity, get angry, get determined and get "You're Not Fat. You're Toxic". Available at Amazon.com and book retailers everywhere. Distributed by Ingram.

For more information contact:

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Palm Coast, FL 32137 USA

Users Review

From reader reviews:

Eva Dawson:

Exactly why? Because this You're Not Fat You're Toxic, Your Permanent Weight Loss Program is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who have write the book in such wonderful way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of rewards than the other book have such as help improving your skill and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

Jeffrey Evans:

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Marianne Guzman:

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Antonio Mock:

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