



Top 10 Diet Myths That Are Keeping You FAT: Ten Important Lessons Learned After Losing Over 100 Pounds

Yossif Etok

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The reviews speak for themselves!

"I wanted MORE! Great book!

"Well written, easy to read and understand."

"This short book is highly recommended to ANYONE who wants to eat healthy."

"This is a great book!"

Guess what? **Everything you think you know about health and nutrition is probably WRONG.**

Are you tired of trying to unsuccessfully lose weight every New Year's? Feel like you've tried everything and failed repeatedly? If the usual advice doesn't work for you, there's a good reason: It's all wrong!

If you're trying to lose weight, these things are NOT as healthy as you've been taught:

- Whole grains
- Low-fat foods
- Soy
- Gyms
- Breakfast
- Antibiotics
- Running/cardio
- Counting calories

My name is Yossif, and I've successfully lost over 100 pounds. I've spent years studying nutrition, and what I learned made me VERY angry. You will be too when you discover the obesity epidemic is largely due to outdated health advice and misinformation.

I'll offer an eye-opening look at supposedly "unhealthy practices" such as eating dietary fat and skipping meals. This book will also provide you with tried-and-true methods to supercharge your health, since no single diet will work for everyone. If you're sick of getting nowhere with conventional wisdom, now's the time for a change!

**** PLUS, get details on a FREE beginner's guide eBook inside! ****

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Janice Pyles:

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