## Back Cover

How long have you been struggling with your weight? How much mental anguish and suffering have you endured in the process? Dr. Kwapisinski takes the heat (and a lot of guilt) off of people who have been losing the battle of the bulge. She examines and explains the pre-existing (and completely out of your control) key factors that affect your weight.

IT'S NOT YOUR FAULT YOU'RE FAT! gives readers the tools they need to change their health and lives forever by understanding:

• The role of genetics and weight

• How food history and childhood rituals impact adult life style decisions

• The way you shop, think about and choose food is directly impacting your waistline

ACCORDING TO THE CENTER FOR HUMAN NUTRITION, CURRENTLY, 66% OF ADULTS ARE OVERWEIGHT OR OBESE, 16% OF CHILDREN AND ADOLESCENTS ARE OVERWEIGHT AND 34% ARE AT RISK OF BEING OVERWEIGHT. BY 2015, 75% OF ADULTS WILL BE OVERWEIGHT AND 41% WILL BE OBESE.

This book will dispel long believed food myths and reverse negative eating habits ingrained since childhood. It will guide you through detoxification, teach you what foods to buy, and which food your body craves, explain the importance of a positive attitude and stress management. Dr. Kwapisinski's IT'S NOT YOUR FAULT YOU'RE FAT! *Top 10 Things You Absolutely Must Know to Lose Weight for Good* is easy to understand, simple to follow and gives readers the background knowledge necessary to understand and ultimately achieve weight loss.

Dr. Sonia Kwapisinski is a Licensed Chiropractor and Certified Acupuncturist in the State of Illinois and Canada with extensive training in Nutrition and Functional Rehabilitation. This book was inspired by her own battle with weight and is in response to the questions put to her by thousands of patients.

*Advantage*

advantagefamily.com

## Spine

## Front Cover

# IT'S NOT YOUR FAULT YOU'RE FAT!

THE TOP **10** THINGS YOU ABSOLUTELY MUST KNOW TO LOSE WEIGHT FOR GOOD!

**Dr. Sonia Kwapisinski, D. C.**