

Obesity

Possible Causes and Contributing Factors:

- Poor diet
- Inactivity
- Hormone imbalance
- Toxins
- Neurotransmitter imbalance (serotonin)
- Hypothyroidism
- Medication
- Food allergies

Suggested Dietary Changes:

- Instead of counting calories, the best bet is to start eating foods that are fresh, whole and nutritionally dense
- Have one meal a day consisting of only fresh fruits or vegetables – lots of raw foods
- 6-8 glasses of water daily

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.