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Diet Failure...the Naked Truth: The Brain Chemistry Key to Losing Weight and Achieving Extraordinary Health at Any Age

Phoenix Gilman

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If you have ever struggled with dieting, insatiable cravings, even depression or insomnia, this book is a must-read. If you feel addicted to carbs/sugar, caffeine, nicotine, or alcohol, this book is a must-read. *Diet failure...the Naked Truth* contains a message of health (and hope) that is truly unique to all other diet/health books in the marketplace and one that is desperately needed by millions. The author's long-term, and innovative solution, lies in the Serotonin-Insulin Connection.

Phoenix's extensive research is based on proven science, not diet and/or marketing hype. Though her research is supported by clinical studies, as a researcher and as a woman who is reluctant to believe anything when it comes to weight loss claims, she tested the clinical theories for four years; actually proving the science. She continues to do so today. This book contains the critical key to helping overcome and prevent obesity, as well as diabetes, depression, hypertension, insomnia, ADD, anxiety, reducing risks for heart disease, and much more. Phoenix says; *Learn the Truth and the possibilities are endless!*

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