

Why You Got Fat (and It's Not What You Think)



We believe you'll succeed with support. There is a lot of education that comes with Plan Z. We "feed" information to you in eye-opening tidbits like the one above.

This isn't the whole story, but I hope it will open your mind to the real reasons why our nation gets fatter every year. And guess what? It has nothing to do with calories in – calories out.

Dr. Robert Lustig is a major player in the fight against obesity. In this 12 minute video, he explains how our obesity problem will never be solved by just eating less and exercising more. I am a big fan of Dr. Lustig and after watching this, I bet you will be, too.