



YOUR WEIGHT

To Change Your Weight, Change Your Mind

(NAPSA)—Two out of every three Americans are overweight or obese and yet many diets undertaken by the most out-of-shape generation of Americans end in a weight gain.

Perhaps the secret to losing weight and maintaining weight loss is to consult a psychiatrist.

That's the thinking behind "The Foundation Diet" (ZenFusion Publishing, \$22.95), written by Dr. Anthony Burlay, a psychiatrist who has successfully lost and kept off 50 pounds.

According to Dr. Burlay, his book is not just "an outline of what to do or how to lose weight. It's a practical guide to making permanent changes in your life, one bite at a time."

The book explains how to change complex patterns of thought and behaviors to lose weight effectively and safely. It also explains how to set reasonable goals and stay the course.

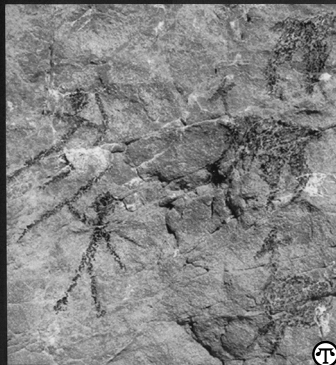
"Your body was designed to eat a certain type of diet," says Dr. Burlay. "By altering attitudes and making some strategic changes, you can lose the weight—permanently."

The premise of the diet takes advantage of the way metabolism works. By reducing the amount of blood sugar that comes from dietary carbohydrates, Dr. Burlay says the body begins to burn fat within days.

While relying on science and sound medical evidence to support his diet, he adds a therapeutic component.

Over the years he has worked with thousands of patients, many of whom suffer from addiction disorders. He has also observed how the challenges of a modern lifestyle can make it harder to control weight.

THE FOUNDATION DIET



Anthony J. Burlay, M.D.

Many people eat an incorrect balance of foods for the way the human body was designed, says a new book.

"Today we eat an incorrect balance of foods for how our bodies are designed," says Dr. Burlay. "We associate foods with emotional events, feel addicted to foods and even attach a moral component to eating."

His book hopes to change the way people think about food and provide them with an evolutionarily sensible way to eat.

"Evolutionarily our bodies adapted and learned to be efficient in order to survive. This diet is the closest match to the long lost original instruction manual for our metabolism," he says.

The Foundation Diet is available at Amazon.com, www.FoundationDiet.com and major booksellers.