



Accidentally Overweight

Dr Libby Weaver

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Dr Libby's first book *Accidentally Overweight*, was written after Dr Libby spent 14 years at university and 13 years working with clients. Dr Libby noticed that despite enormous efforts with food and movement, many people were unable to lose weight by simply focusing on what is known as the calorie equation: how much you eat versus how much you move. These observations led Dr Libby to return to her scientific textbooks asking the question, "what messages does the human body receive that tells it to either burn fat or store it?" *Accidentally Overweight* was born out of the answers Dr Libby discovered of which there are 9 factors which make up the chapters of this compelling book.

They are: Calories, Stress Hormones, Sex Hormones, The Liver, Gut Bacteria, The Thyroid, Insulin, Alkalinity and Emotions.

Whether consciously or subconsciously, many people are frustrated by how they feel about their body, or its appearance, and this frustration can take up their headspace and influence their moods. Many people eat well and exercise regularly yet their body fat does not reflect their efforts. Others have gained and lost the same 40 pounds for the past 20 years. This book explains the biochemistry and emotions of weight loss to help free people from their battle with their bodies, as let's face it it is not usually a lack of education that leads someone to polish off a packet of chocolate cookies after dinner. It is most often emotional and *Accidentally Overweight* helps you get to the heart of your emotional eating which allows changes to be sustained.

Accidentally Overweight is about what has to happen for a human to be able to access fat and burn it. Essentially it is about weight loss and all the things that need to come together in our bodies to make it possible. Ultimately *Accidentally Overweight* is about freeing people from their battle with their bodies, a battle that may interfere with them sharing their full gifts with the world.

"Libby embraces a holistic approach by treating the root cause of an ailment. Her extensive knowledge of how the body works makes her a "one-stop shop" in achieving and maintaining ultimate health and well being."

Deborra-lee and Hugh Jackman

"Few nutritionists have a PhD in biochemistry, a presenter's charisma and a bedside manner so insightful her patients have bestowed upon her a kind of guru-like reverence."

Rebecca Barry, *Canvas Magazine*

"In the world of sweeping stereotypes, nothing fits when it comes to Dr Libby Weaver. She can spout Biochemistry so effortlessly yet she makes you feel like you are talking to your best friend. Dr Libby has become one of the most important voices in women's health in New Zealand."

Alexia Santamaria, *Next Magazine*

"For those who have met her and taken her advice, Libby's insights are often described as 'life-changing' and I can definitely vouch for that."

Helene Ravlich, beauty writer, www.mshelene.com

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Winston Nakashima:

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Judith Judd:

Reading a publication tends to be new life style in this era globalization. With examining you can get a lot of information that will give you benefit in your life. Having books everyone in this world can share their idea. Publications can also inspire a lot of people. A lot of authors can inspire all their readers with their story or their experience. Not only the story plot that share in the ebooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of books that exist now. The authors on this planet always try to improve their talent in writing, they also do some study before they write with their book. One of them is this Accidentally Overweight.

Jamie Gregory:

Playing with family in a very park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not sensation tired but still relaxing, thrilling like on roller coaster you already been ride on and with addition info. Even you love Accidentally Overweight, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

Andrew Purdie:

Your reading sixth sense will not betray an individual, why because this Accidentally Overweight e-book written by well-known writer we are excited for well how to make book which can be understood by anyone who else read the book. Written in good manner for you, still dripping with every ideas and producing skill only for eliminate your own hunger then you still doubt Accidentally Overweight as good book not merely by the cover but also by the content. This is one publication that can break don't assess book by its deal with, so do you still needing a different sixth sense to pick this kind of!? Oh come on your looking at sixth sense already said so why you have to listening to a different sixth sense.

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