



I Have My Cake And Eat It Too: How Changing Your Thinking Can Help Win Your Health and Freedom

Peggy Forney

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In 2004, Peggy Forney was extremely obese but then she defied current diet doctrine to lose 90 pounds and regain her health and freedom. And she did it without dieting. She did it by changing her thinking. You too, can lose up to 90 pounds and more without dieting and help win your health and freedom! How? By changing your thinking about:

- *Dieting
- *Calories
- *Carbohydrates, proteins, and fats
- *Exercise
- *What your family and friends may say
- *Where you live

Peggy Forney lays out a roadmap that can turn the tide of obesity in America and, at the same time, enable big business to make big money. But, it requires fundamentally changing our thinking. We must abandon 35 years of scientifically unsound US Government nutritional policy and embrace new scientific research that says we have picked the wrong culprit. Yes, we can regain our health and freedom, but we must raise ourselves above the ideas of the time. Peggy shows us what can be rather than what is.

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Joseph Russell:

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