



Las Dietas Engordan Comer Adelgaza

Rafael Bolio Bermudez

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Obesity has been incorrectly treated for centuries for it is caused by under nutrition/ malnutrition and not by overeating. This theory led the author to create a diet that complies with all criteria of the American Heart Association except for one, since the reader is urged to eat as much as he can and forget about counting calories. Myths surrounding the causes of obesity are analyzed and the real culprits explained. One major myth not supported by current investigation is that excess weight is proportional to calories ingested. The book has broken all sales records in Mexico and displaced renowned international diet authors such as Atkins and Sears.

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