



# **Weight Loss Winners & Dieting Downfalls: Hormonally Speaking**

*Alyssa Burns-Hill PhD*



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Dr Alyssa Burns-Hill PhD has featured in publications such as: Tatler, Woman, Natural Health, Bella, Candis, Daily Express and The Sunday Telegraph and more ... Take a Break magazine says, "Weight Loss Wisdom" This is not another diet book - this information will make a difference whatever regime you choose to follow through hormone insights that impact men and women alike. Failing with your diet is commonplace - do you succumb to: sugar and salt cravings; low blood sugar; fatigue; no or low weight loss despite eating very little? Do you relate to the 3 E's? Emotional eating? Energy eating? Entertainment eating? Learn key factors that can help you overcome your Dieting Downfalls and maximise your Weight Loss Winners. The book contains questionnaires to help you assess how you shape up in key hormone health areas. Here's what they're saying ... I found it very illuminating and a great easy to read style. I can now see why some of the things I was doing previously were well intentioned but totally counterproductive! Janice, UK I think it's a great angle in the dieting debate. I found it very readable and accessible with clear explanations. This is where your book comes in with its strategies for success and help to avoid the pitfalls. I think that it is very helpful not to be told that the reasons for self sabotage are all psychological – childhood baggage, but your hormones also play a large part in your body's lack of response. Dora, UK I've bought the book and am half way through it. It is great, very very clear. Debbie, UK



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