



The Big Secret;: The secret to body fat loss and long term control

Melissa Preston

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The Big Secret is asking you to revolutionize the way you think about body fat percentages, whole person health, food products, food consumption, diet, and exercise. The information contained in this book is pretty much the opposite of everything the so-called experts have previously taught. However, if that information were effective, you would not have picked up this book. This book was designed to educate the general public in an easy to understand format as to how the human body works with respect to body fat percentage and long term control. This book will not tell you what and how much to consume, how many calories to count, or what constitutes exercise and how much is considered necessary. This book will educate you to be at a higher level, and such things will be beneath you.

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