



## *Introduction*

Probably one of the saddest sights I see are overweight men and women poring over the diet meals in the freezer case at the grocery store. You know the “meals” I mean: small portions in fancy packages, minimal calories, no fat, no cholesterol – loaded ammunition. These meals are of little use to overweight people, contributing further to their weight problems – just because of what they contain.

Most people do not realize how simple it is to lose weight. Contrary to popular belief, losing weight is not about counting calories, weighing things on scales, measuring portions, or starvation. It’s about knowing what the body wants and how it uses certain foods, even foods a person is allergic to, and translates them into cell tissue. I call this the great fat/fluid myth.

There are hundreds of diet books for sale. Every day a new “diet” hits the market place – the juice diet, the

celebrity diet, the liquid diet, the grapefruit diet – on and on. Even the gastric bypass!

Every diet will work as long as the person is disciplined enough to follow it. But, funny how not one of these diets ever works in the long run or really catches on because each person is different. One person on the grapefruit diet loses 10 pounds, another doesn't lose an ounce. Why? With 60 million Americans dealing with some form of obesity – there just had to be a simple answer.

*"The Body 'Knows' Diet" – Cracking the Weight Loss Code* is the first book of its kind to actually spell out why weight loss is simple and easy to attain, and why no diet, despite all your valiant efforts, has worked for you so far.

I have had the privilege of working with thousands of clients over the past 20 years. I have seen successful weight loss in so many people that I needed to reveal the fact that we have been looking everywhere for answers to the weight loss question except inside ourselves.

---

---

*I wanted to make this book really simple  
without burdening you with all kinds of  
scientific data.*

---

---

The body "knows" — and is revealing to us moment by moment why we gain weight, retain fluid, have other health symptoms, and what we can do about it.

Ever since I was a teenager, I battled the weight problem. Up and down like a yo-yo over the years, I gained and lost over a hundred pounds until one day the secrets were revealed to me. And I never again experienced weight gain and that powerless feeling of being out of control around food.

I wanted to make this book really simple — without burdening you with all kinds of scientific data, charts, tables and menu plans. While there is always something good and useful in every book, I have seen so many diet books that are so over-loaded with this material that it can be impossible to find the "meat" in the message. So with this book, *The Body Knows Diet*, we cut to the chase, get down to business and show you what to do without a ton of scientific material, graphs or fat calculations to wade through.

If you want the scientific back up, take a look at some of the books I mention under suggested reading. These books can be useful references.

I encourage you to think of your new program not so much as a "diet" but as a lifestyle change; something that becomes a part of you. You see the wisdom in the five components of weight loss, you see the results, and you make the choice that this is the way you

want to live. Believe me: after you have experienced the boundless energy and vitality that you will feel following this program, you won't want to go back — ever! Oh sure, you can visit the bread basket and the dessert table occasionally, but you won't feel great and then the choice to eat differently becomes automatic.

In this book, I have chosen to speak to you from the perspective of a person who has been there herself. I am someone who has experienced all the vicissitudes of the dieting and weight-loss game, the sadness and powerlessness that comes with starting a plan with the best intentions, failing many times, and finally to have triumphed.

Now it is my privilege to reveal these important secrets to you. If you want to experience freedom from the weight-loss battle, just as I have, without calorie counting, measuring, dieting, starving or exercising fanatically — read on!

Caroline Sutherland

SUDDEN VALLEY, WASHINGTON, SPRING 2005