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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Did I Get So FAT!**

**By Dr Jeff Banas**

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by: **Dr Jeff Banas**

Remember this the next time you that one extra cookie.

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[www.personal-weight-loss-help.com](http://www.personal-weight-loss-help.com)

[drjeffbanas@yahoo.com](mailto:drjeffbanas@yahoo.com)

**Scales Are For Fish, Not Weight Loss**

**By Dr Jeff Banas**

But they are still depressed because they only lost a lousy 2 pounds! Right? Are we sure???

We now check their body fat and it is now 36% not 40%. Let's do a little math.

You need to measure and focus on PERCENT OF BODY FAT, AND NOT WEIGHT!

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## How Did I Get So FAT!

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