OBESITY

Also see Weight Management

If you are over 100pd overweight and have not been able to control your appetite, you may want to consider having gastro by-pass surgery.

If you consider yourself to have good disciplines and can change habits and seriously commit to long term new habits, you can start with using the anti-inflammatory diet which is basically the Mediterranean Diet.

Even better, learn to muscle test yourself so you can ask your body what it should and should not consume.

Whatever food regime you do (see Diets), you should avoid processed foods and stick to natural healthy, unaltered foods.