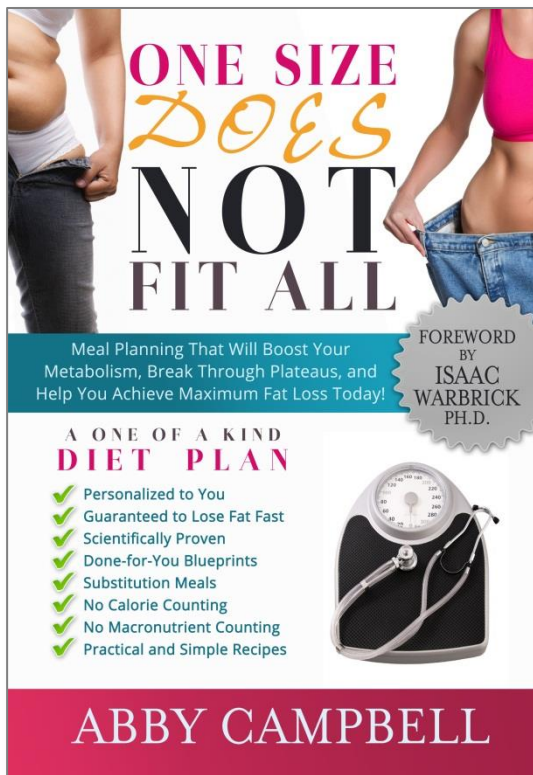


*“After taking Abby’s suggestions, I had a significant weight loss over the summer! That’s when I realized how important it is to be conscious of what and when I eat.” ~Susan, Texas (down 60 pounds)*

# One Size Does NOT Fit All

Diet Plan by Abby Campbell & Foreword by Isaac Warbrick, Ph.D.



## **10 Things Diets Don't Tell You...**

And why they cause weight plateaus that you can't break and put you on the yo-yo diet cycle:

- 1 A calorie is not just a calorie.
- 2 Your “healthy” foods are not healthy.
- 3 Your brain is signaling “starvation mode.”
- 4 Your metabolism and thyroid are slowing down.
- 5 You crave and binge because your body isn't getting the needed nutrients.
- 6 Food additives are causing food addictions.
- 7 You won't lose weight if you're consuming excitotoxins and neurotoxins which are present in some food additives.
- 8 USDA guidelines are for those needing to gain weight.
- 9 Calorie counting is for the experts.
- 10 Their diet books are a one-size-fits-all approach.

## **You Could Be Endangering Your Metabolism and Dieting for Nothing!**

**For example, did you know that:**

- The USDA fails to provide recommendations for individuals with different goals?
- Eliminating any of the macronutrients (such as protein, carbohydrates, and fats) is detrimental to your health?
- If you don't get enough protein, your muscles will catabolize or break down which slows fat loss?
- If you don't get enough starchy carbohydrates, your thyroid and metabolism will slow or come to a halt?
- If you don't get enough dietary fats, you will age faster and body fat loss will be slow?
- Food manufacturers put one of four additives in packaged foods to addict you?
- Individualization is not prescribed by diet books, whether a person is 150 pounds or 250 pounds?
- Most diets prescribe such a low calorie diet that it doesn't even provide enough energy for your vitals?

# Stop wasting time yo-yo dieting!

**You *can't* count on diet books that are a one-size-fits-all approach.**

**You *can't* count on doctors who never learned nutrition.**

**You *can't* count on the USDA for fat loss guidelines.**

**You CAN count on  
Weight Loss Expert Campbell's new book.**

**One Size Does NOT Fit All Diet Plan** is the first and currently only book on the market that focuses on a dieting technique called "nutrient timing" to increase metabolism and break through plateaus. This dieting method has been used exclusively by athletes and stage competitors for years to achieve maximum fat loss quickly. Whether it was kept a secret or just too complicated to put into book form, it is now available. Campbell's book is the first to organize individualized blueprints to get any dieter started quickly. Calorie calculations have already been configured, as well as the best macronutrient ratio for fat loss, to make menu planning simple. Templates may even be downloaded from Campbell's website.



**Simple. Scientifically proven. Successful.**



**Abby Campbell, BSc, SFN, SSN, CPT** is a leading professional fitness and nutrition expert, researcher, and author. For the past 10 years, she has coached thousands of women locally and online to lose body fat and lead healthy lifestyle. Her clients have lost thousands of pounds, reclaimed health, and call her "Coach No Gimmick." She is from Northern Virginia but now resides near Charlotte, North Carolina. Abby has been married for 20+ years and has three grown daughters, one of which is autistic. She is a 20 year cancer survivor.

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