

## Introduction



I believe that many of us have studied and tried multiple diets for weight purposes and to improve our health, especially Americans. There have been Pritikin diet, Weight Watchers various diets/plans, Nutrisystem diet, Mayo Clinic diet, Good Calorie diet, Glycemic Index diet, Glycemic Load diet and now even the Paleo and Atkins diets more recently. Most of these diets have been useful to many of us, but few of us get to lose enough weight to quit dieting because the restrictions are just too much. Just a tidbit, I tried the Weight Watchers Cabbage Soup diet about 30 years ago and I still can't stand to eat any cabbage but coleslaw – and it didn't make much difference in my health or weight, I

just burned myself and my mother out on it!

The reasons that those of us look for these diets, miracle weight-loss pills (can't count them all!) and now miracle weight-loss injections it because there are illnesses in our family tree that carrying heavier weights contribute to and exacerbate. I have personal experience with Ozempic, which caused me severe stomach troubles and pancreatitis at the 1.0 mg dose. Since I am diabetic and am on insulin, my doctor and I tried Mounjaro next and I have been successful, so far, but the weight loss is extremely slow at a responsible pace. The scientists that found these injections are now finding many bad reactions and contraindications to using these injections.

So where have we, as a human race, gone wrong in our health and weight issues? I have one friend that still needs to gain weight, and she is the only one of my group of long-term friends who never gained any weight through puberty and now into middle age. Out of a group of 5 close friends, Laura is still tiny, yet her sister had the same weight gain in puberty that the rest of us did. Debra, despite having several children, stayed right in perfect range for her size. Stephanie, Jocelyn and I were slender as children, but puberty started doing us in, then having children did us in entirely! (Common enough names that these are real names.) I would imagine that this is a common story for women in America.

Since I believe that many out there will benefit from anything that I can glean from this journey, I hope that we can get to a natural, healthy solution! I am trying to go back in time through archeology records (which are updating regularly now!), looking into DNA and back to the earliest records in the annals of human history to try to figure out where things went wrong so that we all can try to make it right for our bodies!

Please join us in this pursuit!

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