



# Accidentally Overweight

*Dr Libby Weaver*

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## **Accidentally Overweight** Dr Libby Weaver

Dr Libby's first book *Accidentally Overweight*, was written after Dr Libby spent 14 years at university and 13 years working with clients. Dr Libby noticed that despite enormous efforts with food and movement, many people were unable to lose weight by simply focusing on what is known as the calorie equation: how much you eat versus how much you move. These observations led Dr Libby to return to her scientific textbooks asking the question, "what messages does the human body receive that tells it to either burn fat or store it?" *Accidentally Overweight* was born out of the answers Dr Libby discovered of which there are 9 factors which make up the chapters of this compelling book.

They are: Calories, Stress Hormones, Sex Hormones, The Liver, Gut Bacteria, The Thyroid, Insulin, Alkalinity and Emotions.

Whether consciously or subconsciously, many people are frustrated by how they feel about their body, or its appearance, and this frustration can take up their headspace and influence their moods. Many people eat well and exercise regularly yet their body fat does not reflect their efforts. Others have gained and lost the same 40 pounds for the past 20 years. This book explains the biochemistry and emotions of weight loss to help free people from their battle with their bodies, as let's face it it is not usually a lack of education that leads someone to polish off a packet of chocolate cookies after dinner. It is most often emotional and *Accidentally Overweight* helps you get to the heart of your emotional eating which allows changes to be sustained.

*Accidentally Overweight* is about what has to happen for a human to be able to access fat and burn it. Essentially it is about weight loss and all the things that need to come together in our bodies to make it possible. Ultimately *Accidentally Overweight* is about freeing people from their battle with their bodies, a battle that may interfere with them sharing their full gifts with the world.

"Libby embraces a holistic approach by treating the root cause of an ailment. Her extensive knowledge of how the body works makes her a "one-stop shop" in achieving and maintaining ultimate health and well being."

Deborra-lee and Hugh Jackman

"Few nutritionists have a PhD in biochemistry, a presenter's charisma and a bedside manner so insightful her patients have bestowed upon her a kind of guru-like reverence."

Rebecca Barry, *Canvas Magazine*

"In the world of sweeping stereotypes, nothing fits when it comes to Dr Libby Weaver. She can spout Biochemistry so effortlessly yet she makes you feel like you are talking to your best friend. Dr Libby has become one of the most important voices in women's health in New Zealand."

Alexia Santamaria, *Next Magazine*

"For those who have met her and taken her advice, Libby's insights are often described as 'life-changing' and I can definitely vouch for that."

Helene Ravlich, beauty writer, [www.mshelene.com](http://www.mshelene.com)

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#### **Catherine Gates:**

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