



“Cravings? Overweight? Blame the Brain,” Says Researcher and Author

Book offers innovative solution to long-term weight loss and optimum health

ATLANTA, GA, UNITED STATES, September 14, 2016 /EINPresswire.com/ -- Alarming, 98 percent of all diets inevitably fail due to carbohydrate cravings and overall appetite. Researcher, author and nutrition expert, Phoenix Gilman, shares lifesaving solution in her 3rd edition, "Diet Failure the Naked Truth".

“Millions of people still tragically believe in the low fat myth. That alone has perpetuated our obesity epidemic, among numerous other diseases. While the key to solving our obesity crisis is learning what’s actually healthy to eat, it’s also about understanding the critical role of a precise major neurotransmitter,” says Gilman.

Based near Atlanta, Phoenix teaches her clients’ the vital role of that brain chemical—and how to eat healthy for life. Reducing harmful body fat quickly and effectively, along with reversing and preventing various diseases, are key to the Phoenix regimen. Her success rate with clients is remarkable. Ken Buckner from the Centers for Disease Control (CDC) proclaims, “Phoenix has given us the most precious gift anyone could ask for: The Fountain of Youth.”

Phoenix helps men and women achieve optimum health, but her passion to help women 40 and over is evident. “As a woman myself, and one who’s 57, this is a major turning point for women who are now looking in the mirror and asking, ‘What happened?’ Most have devoted their life to husbands, careers and raising children. Their health wasn’t often a priority. Every woman who seeks my help is struggling, from obesity, diabetes, addictions, to depression, anxiety, insomnia, even premature aging—and all due to poor nutrition.” Based on her research, though, she’s significantly improving the health of these women, while taking years off their looks.

Phoenix now offers her distinct weight loss and anti-aging formula to readers worldwide with her 3rd edition, and an Internet program, which includes one on one consulting and group classes via live web streaming. For a far more personal, hands-on experience, Phoenix will be launching, The Phoenix Experience: A Weight Loss and Anti-Aging Retreat.

Gilman’s clinically based research has been recognized by many, including the CDC, CCHR, Forbes.com, Dr. Atkins, and many other healthcare experts. She was featured in the Atlantan magazine, “Dynamic Women of Atlanta,” 2016. Her private studio, Body by Phoenix, won “Best of Health Clubs/Marietta,” 2016. Her book can be found at Amazon.com and BN.com, with special Internet membership programs and weekly nutritional updates at bodybyphoenix.com.

For more information, go to BodybyPhoenix.com. For media interviews, please contact: Acosta Global Marketing / Amanda Morgan / Aimee@AcostaGlobal.com or AcostaGlobalMarketing@gmail.com / 800.687.9203

AGM, LLC
8052453855

email us here
Acosta Global Marketing LLC

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