



Health Scene Investigation: Book 1

Shape Shift: The Shape Intelligence Solution

Review by Dr. Richard Powers

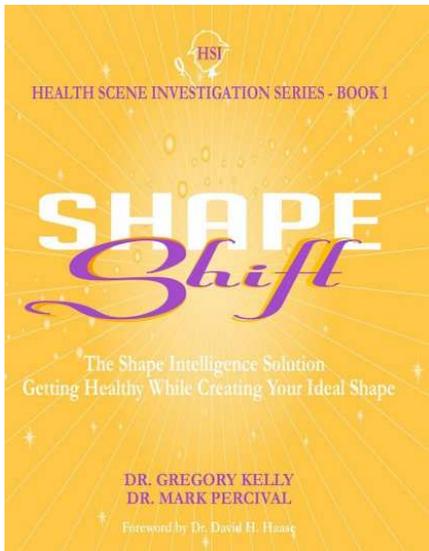
Unlock the Secrets to Creating Your Ideal Shape

Have you solved the mystery of your shape? Most haven't.

Our shape changes ... sometimes for the better, oftentimes for the worse. Why? And, more importantly, what can you do to ensure your own personal shift for the better?

We all know that diets work ... until they don't. The lost weight eventually returns, and with it, shape is often worse than it was before we went on the diet. Why?

And, more importantly, how can you do things differently so that you make improvements and get to keep them?



Shape Shift: The Shape Shift Intelligence Solution, by Drs. Kelly and Percival, is a landmark publication and revolutionary book that helps you discover the answers to these tough questions.

Combine over eighty years of obesity research with a thorough knowledge of complexity science and human physiology, and you'll likely come to the same inevitable conclusion ...

Get your life in shape and your body will follow.

You are not in control of your weight and shape. Never were and never will be. That job is for your "Shape Intelligence." It's like you have this shape "judge" inside that determines how much fat is best for you, and where it should be located. It then goes about altering your metabolism, appetite, and energy levels to achieve this particular goal. Like it or not, you don't have any say in this decision process.

It is futile to try and "overrule" the shape judge's decisions by:

- Restricting fats and/or carbohydrates
- Counting calories
- Restraining your appetite
- Forced exercising

Attempts to manipulate the amount of fat in your body only results in frustration, confusion, and weight cycling (repeated cycles of losing and gaining), and poor health. Sound familiar?

The GOOD NEWS is that you DO have control over your choices and actions that directly impact your shape judge's fat-regulating decisions. So, improving your weight and shape then becomes a process of learning and implementing those actions that convince your shape judge to get rid of fat, instead of storing it (especially belly fat).

Understanding and working with your Shape Intelligence will assist you in producing better shape, weight, and health. You'll accomplish this by learning the many subtle, yet powerful, and largely unknown, factors that affect your weight and shape. Now you've entered the Shape Shift world!

You will be delighted with the wisdom and practical guidance found in *Shape Shift*, and with the coaching, monitoring, and support, as found in the companion *Shape Shift Community Classes*, it only stands to reason that your looking and feeling better is within your reach.

If you truly desire and are ready to take action to improve your weight, shape and health in a wholesome and sustainable way, then I invite you to join me, as we explore the mystery of shape and discover:

- Why seemingly little things like light exposure, when we eat, shift work, and jet lag can have big effects on our shape
- The link between stress and belly fat, and what you can do to de-stress your life
- Which man-made chemicals (and medications) can impact your shape and how to minimize their use
- How sleeping less can worsen shape, and sleeping more can improve it
- Why frequency of movement is more important than calories burned while exercising
- How you can get the most shape benefits from exercise in the least amount of time
- The real story on food choices, body fatness, and food guidelines for getting your diet in shape, and so much more.

*“Shift your habits, Shift your behaviors, Shift your world ...
and your Shape will follow!”*

SPECIAL INVITATION ...

If you haven't solved the mystery of your weight and shape; are discouraged from your lack of results; or feel frustrated and tired of struggling with your weight or health; then [click here for the **Special Introductory Offer**](#) to get you *shifting your shape*.