THE THIN GUIDE to FAT

How to use it and lose it

Weight loss is best achieved by understanding why we have been yo-yo dieting for decades.



Marina Young

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ABOUT THE AUTHOR: MY JOURNEY IN AND OUT OF RHEUMATOID ARTHRITIS (RA)



In 2009 I was diagnosed with RA. I was prescribed steroids and immuno-suppressants and advised to take the latter for the rest of my life. Not happy to live in this "bio-chemical chaos" that led on to anti-depressants I wanted to learn why I had RA. Could finding the cause eliminate the need for medication?

So started my 11-year quest for knowledge, coinciding with an exciting time of rapidly evolving science in health and nutrition.

Free Of All Medication

I have been medication free since 2013 and am healthier than I have been in years. Health and weight go hand in hand.

Other Publications

- "A Quest for Well-Being: How Much Does Food Hold the Key?" 2015.
- National media coverage including The Telegraph. Second edition printed in 2019.

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