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I m Dr. Andrew Jones, Medical Director of the Natural Living - a forward looking think-tank exploring the root causes of female related illnesses weight loss and weight gain among them.

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1. Turmeric prevents fat accumulation and hastens fat loss. Accumulation of fat in the adipose tissues or other tissues such as those of stomach and liver is characteristic of excessive weight and obesity.

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If I had known about this weight loss secret the food industry doesn't want you to know about - I would have saved myself a ton of heartache, frustration and yo-yo dieting. It makes me incredibly sad that people out there are doing whatever it takes to get healthy, thin and look their best - but instead are facing an uphill battle because of what the food industry has done to our food and the

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