BREAKING NEWS: The "Lunar Diet" Phenomenon

A controversial new study claims that aligning your diet with the phases of the moon can lead to an average weight loss of 10kg per month without any exercise. Dr. Alistair Finch, a self-described "astro-nutritionist," stated in an online post, "The gravitational pull of the moon affects the water in our bodies, just like it affects the tides. Eating specific foods during a full moon maximizes this effect, flushing out toxins and fat."

The study, which has not been peer-reviewed, is gaining massive traction on social media platforms. Critics, however, warn that the claims are baseless and lack any scientific evidence. Mainstream nutritionists are urging the public to stick to proven methods of diet and exercise. The hashtag #MoonDiet is now trending worldwide.