

‘Big Fat Lies’ is the easy guide to the brilliance of low carb diets. It explains in plain and simple English why low carb diets work and why we have become so fat.

Hannah Sutter, the author of Big Fat Lies, was a lawyer for many years but, after discovering the misleading information about weight loss and diets, wrote the book to expose the myths of calorie counting for all. To this day she has campaigned for the UK government to adopt a low carb diet for those suffering with obesity or diabetes.

About Big Fat Lies:

Why are we getting fatter faster and faster?

The answer is actually simple – Insulin.

Big Fat Lies highlights why, for the majority of first world populations a diet low in calories and high in starch is a recipe for diabetes, obesity and CVD.

Hannah Sutter – a lawyer by training shows how if the debate on diet was brought into a court of law the low calorie / high starch argument would be thrown out of court within hours.

In every single peer reviewed study comparing diets, there has been a consensus that a low sugar / low starch diet will not only get better results than a low calorie high/ starch option, but has also been proven to be more sustainable and offer better cholesterol profiles.

Big Fat Lies explains how insulin is the trigger to gain fat. Any type one diabetic knows that without insulin it is impossible to gain fat, regardless of what you eat or how much you eat or how inactive you might be. Insulin is triggered primarily by sugar. (If some people eat too much starch and sugar they will destroy their natural insulin balance and that will accelerate the body’s habit of gaining fat.)

Starch is a food which is poor in essential vitamins and minerals but is rich in efficient energy. In a modern world with most of us sitting behind computers it is madness to recommend a diet rich in efficient energy.

The solution for obesity is not bariatric surgery or pills but simply returning to our natural diet – a hunter gatherer diet which we are perfectly evolved to eat. This is a diet low in starch and sugar and has consistently, in clinical trials, beaten the low calorie diet.

Big Fat Lies will not only explain how insulin affects our waist size, but will highlight the nonsense of calorie counting as a sustainable method of managing weight. By referring to peer reviewed science, which consistently shows that calorie counting does not work beyond very short term goals, Hannah proves that calorie counting is not an obesity solution!



Driven by a passion to provide a natural low carb diet as an obesity solution, Hannah Sutter developed the home-delivered, all natural, low carb weight loss solution Go Lower. As leaders in natural low carb diets Go Lower provide the only natural solution of its kind, please visit www.golower.co.uk for more information. As a member of Go Lower, you can receive monthly seasonal natural, low carb recipes.